



UCOOK

Golden Beef Schnitty & Cheese Sauce

with a zesty olive & feta salad

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Stettyn Wines | Stettyn Family Range Merlot

Nutritional Info	Per 100g	Per Portion
Energy	554kJ	3982kJ
Energy	133kcal	953kcal
Protein	9.6g	68.9g
Carbs	13g	90g
of which sugars	1.7g	12g
Fibre	1.4g	10.1g
Fat	4.6g	32.9g
of which saturated	2.5g	17.9g
Sodium	120mg	864mg

Allergens: Sulphites, Egg, Gluten, Sesame, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

200g	400g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
45ml	90ml	Herby Flour <i>(5ml [10ml] NOMU Italian Rub & 40ml [80ml] Cake Flour)</i>
100ml	200ml	Panko Breadcrumbs
150g	300g	Beef Schnitzel (without crumb)
10g	20g	Pumpkin Seeds
100ml	200ml	Low Fat UHT Milk
50g	100g	Emmental Cheese <i>grate</i>
20g	40g	Pitted Kalamata Olives <i>drain & roughly slice</i>
20g	40g	Danish-style Feta <i>drain</i>
1	1	Tomato <i>rinse & cut into thin wedges</i>
5ml	10ml	Old Stone Mill Salad Sprinkle
15ml	30ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Egg/s

Butter

Milk (optional)

1. START THE POTATO WEDGES Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. COAT & CRUMB Whisk 1 egg in a bowl. Prepare two shallow dishes: one containing $\frac{3}{4}$ of the flour (seasoned lightly), and one containing the crumb. Coat the schnitzel/s in the seasoned flour, dusting off any excess flour. Coat in the whisked egg, and lastly the crumb. Repeat this step with each schnitzel. Place in the fridge to rest.

3. TOASTED SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. SUPER SCHNITTY Return the pan to medium heat with enough oil to cover the base. When hot, fry the crumbed schnitzel until browned, 30-60 seconds per side. Remove from the pan, drain on paper towel, and season.

5. CHEESY SAUCE Place a pot over medium heat with 10g [20g] of butter. Once melted, vigorously mix in the remaining flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add the cheese and stir until melted. Loosen with warm water or milk (optional) if the sauce is too thick. Season and remove from the heat.

6. ZESTY GREEN SALAD In a bowl, combine the olives, feta, tomato, salad sprinkle, and the lemon juice (to taste). Season and set aside.

7. TUCK IN Plate up the crumbed schnitzel, and top with the cheese sauce. Side with the golden potato chips, and the fresh salad.