



QCOOK

Beef Prego Roll

with crispy potato wedges

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Simple & Save: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Zevenwacht | Estate Merlot

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 529kJ | 3274kJ |
| Energy | 126kcal | 783kcal |
| Protein | 8.1g | 50.1g |
| Carbs | 15g | 93g |
| of which sugars | 1.7g | 10.6g |
| Fibre | 1.2g | 7.3g |
| Fat | 3.7g | 23g |
| of which saturated | 0.4g | 2.7g |
| Sodium | 192mg | 978mg |

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

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 200g | 400g | Potato <i>rinse & cut into wedges</i> |
| 5ml | 10ml | NOMU BBQ Rub |
| 1 | 2 | Portuguese Roll/s |
| 150g | 300g | Beef Schnitzel (without crumb) |
| 25ml | 50ml | Prego Sauce |
| 1 | 1 | Tomato <i>rinse & slice ½ [1] into rounds</i> |
| 30ml | 60ml | Mayo |

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. NOMU-SPICED SPUDS Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil, the NOMU rub and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. TOASTED ROLL When the potatoes are almost cooked, halve the roll/s, and spread butter or oil over the cut side. Place a pan over medium heat. When hot, toast the roll/s, cut-side down, until golden, 1-2 minutes.

3. PREGO SCHNITZEL Return the pan to medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 20-30 seconds per side. In the final 30 seconds, baste with a knob of butter and the prego sauce. Remove from the pan and season.

4. ON A ROLL, CHEF! Top the bottom of the roll/s with the prego and any pan juices. Add the tomato and close up the roll/s. Side with the crispy potato wedges and the mayo for dipping. Easy as, Chef!