



UCCOOK

Beef Salad & Blue Cheese Crumble

with fries, dijon mustard dressing & sunflower seeds

Perfectly fried beef strips are tossed with green leaves, baby tomatoes, cucumber half-moons, and toasted sunflower seeds before being adorned with a blue cheese crumble. Sided with smoked paprika potato fries. What a classic!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Kate Gomba

 Fan Faves

 Creation Wines | Creation Fine Cape Vintage

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Ingredients & Prep

600g	Potato <i>rinse & cut into 1cm thick fries</i>
7,5ml	Smoked Paprika
30g	Sunflower Seeds
450g	Free-range Beef Schnitzel (without crumb)
30ml	Dijon Mustard
45ml	Lemon Juice
240g	Baby Tomatoes <i>rinse & cut into quarters</i>
60g	Green Leaves <i>rinse</i>
150g	Cucumber <i>rinse & cut into half-moons</i>
60g	Blue Cheese

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. CRISPY FRIES Preheat the oven to 200°C. Rinse the potato fries in cold water and pat dry with paper towel. Spread out on a roasting tray, coat in oil, and season. Roast in the hot oven until cooked through and crisping up, 30-35 minutes (shifting halfway). Toss through the smoked paprika.

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. FRY THE SCHNITZEL When the fries have 10-15 minutes remaining, 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, 30-60 seconds per side. In the final 30 seconds, baste with a knob of butter. Remove from the pan, season, and cut into strips. You may need to do this step in batches.

4. DIJON DRESSING In a small bowl, combine the dijon mustard, the lemon juice (to taste), a drizzle of olive oil, a splash of water, and 30ml of sweetener. Whisk to emulsify and set aside.

5. LOADED SALAD To a salad bowl, add the quartered tomatoes, the beef strips, the rinsed green leaves, the cucumber half-moons, and the toasted seeds. Season and toss to combine.

6. DINNER IS SERVED Plate up the fries, side with the beef salad and drizzle over the dijon salad dressing. Crumble the blue cheese (to taste) over the salad. Nice one, Chef!



Chef's Tip

Air fryer method: Coat the dried potato fries in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway). Season with smoked paprika.

Nutritional Information

Per 100g

Energy	380kj
Energy	91kcal
Protein	8.8g
Carbs	8g
of which sugars	0.8g
Fibre	1.6g
Fat	2.9g
of which saturated	1g
Sodium	106mg

Allergens

Sulphites, Cow's Milk

Cook
within
4 Days