

UCOOK

Lemon-garlic Beef & Dukkah Bean Salad

with beetroot, peas & fresh lemon


Beef schnitzel is basted in lemon zest and fragrant garlic. It is sided with a salad loaded with green beans, fresh green leaves, and a dukkah & mustard dressing. Who says salads are boring?


Hands-on Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Carb Conscious

 Vergelegen | Premium Cabernet Sauvignon / Merlot

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Ingredients & Prep

200g	Beetroot <i>trimmed, peeled (optional) & cut into bite-sized chunks</i>
20ml	Dukkah
5ml	Dijon Mustard
1	Lemon <i>½ zested & cut into wedges</i>
80g	Green Beans <i>rinsed, trimmed & halved</i>
50g	Peas
20g	Green Leaves <i>rinsed</i>
150g	Free-range Beef Schnitzel (without crumb)
1	Garlic Clove <i>peeled & grated</i>

From Your Kitchen

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

1. ROASTY RED BEETROOT Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. FRAGRANT DRESSING Place the dukkah in a pan over a medium heat. Toast until fragrant, 1-2 minutes (shifting occasionally). Remove from the pan and place $\frac{3}{4}$ in a salad bowl (set the rest aside for serving). Add the mustard, the juice of 1 lemon wedge, a sweetener, a drizzle of olive oil, and seasoning. Mix and set aside.

3. TOSS THE SALAD Return the pan to a medium-high heat with a splash of water. When starting to bubble, simmer the halved green beans until al dente, 3-4 minutes. In the final minute, add the peas. Remove from the pan and place in the bowl with the dukkah dressing. Add the rinsed green leaves. Toss until fully coated.

4. LEMONY SCHNITZ Return the pan to a 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 (optional), the lemon zest, and the grated garlic. Remove from the pan and season.

5. WHOLESOME DUKKAH DINNER Plate up the dukkah bean salad. Side with the schnitzel, the roasted beetroot, and any remaining lemon wedges. Sprinkle over the remaining dukkah. Beautiful, Chef!



Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	316kJ
Energy	76kcal
Protein	8.3g
Carbs	6g
of which sugars	1.7g
Fibre	2.4g
Fat	1.8g
of which saturated	0.4g
Sodium	121mg

Allergens

Allium, Sesame, Peanuts, Sulphites,
Tree Nuts

Cook
within
4 Days