



# UCOOK

## German Beef Schnitzel Dinner

with **crispy ciabatta slices**

Germans have some of the best go-to recipes for sensational stews. Like this one, Chef! Made with thin beef schnitzel slices embraced by a rich tomato passata & vegetable stock. Add flavours of garlic, crème fraîche & cheddar, plus crispy ciabatta to scoop up the goodness, and you're sorted for dinner, Chef.

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**Hands-on Time:** 50 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Suné van Zyl

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Fan Faves

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Neil Ellis Wines | Neil Ellis Groenekloof Syrah

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### Ingredients & Prep

600g	Beef Schnitzel (without crumb)
2	Onions <i>peel &amp; finely slice</i>
2	Bell Peppers <i>rinse, deseed &amp; cut into strips</i>
40ml	Spicy Herb Rub <i>(20ml Dried Oregano, 16ml NOMU Italian Rub &amp; 4ml Cayenne Pepper)</i>
2	Garlic Cloves <i>peel &amp; grate</i>
400ml	Tomato Passata
20ml	Vegetable Stock
160ml	Crème Fraîche
80g	Cheddar Cheese <i>grate</i>
4	Ciabattini Rolls

### From Your Kitchen

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

**1. SEAR THE SCHNITZEL** Boil the kettle. Place a pan over 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. You may need to do this step in batches. Remove from the pan, season, and thinly slice.

**2. TOMATO & VEG SAUCE** Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the sliced onion and peppers until soft, 5-6 minutes. Add the spicy rub and the grated garlic, and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata, the vegetable stock, and 600ml of water. Simmer until the sauce has reduced, 15-20 minutes. Remove from the heat, mix through a sweetener (to taste), the crème fraîche, the beef slices, and seasoning. Sprinkle over the grated cheese and cover until melted.

**3. GOLDEN CIABATTA** Slice the ciabatta squares into 2-3cm thin slices. Spread butter (optional) or oil over the slices. Place a pan over medium heat. When hot, toast the ciabatta slices until golden, 1-2 minutes per side.

**4. GUTEN APPETIT!** Bowl up the creamy beef and veg sauce. Serve the crispy bread slices alongside, ready to scoop and eat.

### Nutritional Information

Per 100g

Energy	431kj
Energy	103kcal
Protein	6.9g
Carbs	11g
of which sugars	2.8g
Fibre	1.6g
Fat	3.4g
of which saturated	1.7g
Sodium	174mg

### Allergens

Cow's Milk, Gluten, Allium, Wheat, Sulphites, Soy

Eat  
Within  
4 Days