



UCOOK

Beef Schnitzel & Mint Yoghurt Wrap

**with roasted beetroot, sautéed kale & a
cucumber-radish salad**

This delicious dinner would take first place in a wrap battle! Sizzling beef schnitzel strips are accompanied by a mix of tangy gherkins, minty yoghurt and a radish & cucumber salad. Featuring a coconut wrap and sided with roasted beetroot, it's the best on the block!

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Strandveld | First Sighting Shiraz

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Ingredients & Prep

200g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized chunks</i>
50g	Cucumber <i>cut into half-moons</i>
20g	Radish <i>rinsed & thinly sliced into rounds</i>
30ml	Low Fat Plain Yoghurt
10g	Gherkins <i>drained & finely diced</i>
4g	Fresh Mint <i>rinsed & finely chopped</i>
50g	Kale <i>rinsed & roughly shredded</i>
1	Gluten-free Coconut Wrap
150g	Free-range Beef Schnitzel (without crumb)
20g	Salad Leaves <i>rinsed</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Butter
Paper Towel

1. ROAST UP Preheat the oven to 200°C. Place the beetroot chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. DREAMY DRESSING In a bowl, combine the cucumber half-moons, sliced radish, a drizzle of oil, and seasoning. In a separate small bowl, combine the yoghurt, diced gherkins, ½ the chopped mint, and seasoning.

3. KEEPIN IT KALE Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, gently massage until softened and well coated. Place a nonstick pan over medium heat. When hot, sauté the kale for 2-3 minutes until wilted. Remove from the pan and return to the bowl. Cover with a plate and set aside to keep warm until serving.

4. WRAPPING IT UP Return the pan, wiped down, to a medium-high heat. When hot, dry toast the wrap for 30 seconds per side until warmed through. Remove from the pan.

5. SIZZLING SCHNITZEL When the roast has 10-15 minutes to go, return the pan to a high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, fry the schnitzel for 30-60 seconds per side until golden and cooked through. In the final minute, add a knob of butter and baste the schnitzel. Remove from the pan, slice into thick strips, and season.

6. WRAP UP THE NIGHT Time to assemble! Lay the wrap down, top with the sautéed kale, rinsed salad leaves, beef strips and a dollop of the mint yoghurt dressing. Side with the beetroot and the radish-cucumber salad. *Drops mic*



Chef's Tip

If you have an air fryer, why not use it to cook the beetroot? Coat in oil, season, and pop in the air fryer at 200°C. Cook for 20-25 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	321kJ
Energy	77kcal
Protein	7.9g
Carbs	7g
of which sugars	1.5g
Fibre	2.7g
Fat	1.3g
of which saturated	0.7g
Sodium	114mg

Allergens

Dairy, Sulphites

Cook
within
4 Days