



UCCOOK

Caramelised Onion & Beef Baguette

with gherkins & basil

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info

	Per 100g	Per Portion
Energy	709kJ	3585kJ
Energy	170kcal	857kcal
Protein	10.5g	53g
Carbs	19g	95g
of which sugars	3.5g	17.9g
Fibre	1.2g	6.1g
Fat	5.7g	28.7g
of which saturated	0.7g	3.8g
Sodium	254mg	1283mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
450g	600g	Beef Schnitzel (without crumb)
15ml	20ml	NOMU One For All Rub
3	4	Sourdough Baguettes
125ml	160ml	Vegan Mayo
8g	10g	Fresh Basil <i>rinse & pick</i>
60g	80g	Gherkins <i>drain & roughly slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

Sugar/Sweetener/Honey

1. CARAMELISED ONION Place a pan over medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 12-15 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

2. NOMU-SPICED SCHNITZEL 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. In the final 30 seconds, baste with a knob of butter and the NOMU rub. You may need to do this step in batches. Remove from the pan, season, and cut into strips.

3. TOAST & DRIZZLE Halve the sourdough baguettes, and spread butter or oil over the cut-side. Place a pan over medium heat. When hot, toast the halves, cut-side down, until golden, 1-2 minutes. In a bowl, combine the mayo, and a splash of water until drizzling consistency.

4. BEST BAGUETTE EVER Top the bottom half of the baguettes with the basil, the gherkins, the onions, the schnitzel, and drizzle over the mayo. Close up and enjoy.