

UCCOOK

Crispy Beef Schnitzel

with garlic-butter sauce & lemon broccoli

A crispy, cheesy panko breadcrumb-coated beef schnitzel is the main attraction of today's meal. The supporting acts are a side of silky smooth potato mash and lightly charred broccoli with a lemony zing. The meal is finished with a delicious drizzle of garlic butter and freshly chopped parsley.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Isabella Melck

Fan Faves

 Neil Ellis Wines | Neil Ellis Stellenbosch
Cabernet Sauvignon 2020

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Ingredients & Prep

200g	Potato <i>rinse, peel & cut into bite-sized pieces</i>
150g	Free-range Beef Schnitzel (without crumb)
115ml	Cheesy Panko Crumb <i>(15ml Grated Italian-style Hard Cheese & 100ml Panko Breadcrumbs)</i>
40ml	Cake Flour
1	Garlic Clove <i>peel & grate</i>
100g	Broccoli Florets <i>rinse & cut into bite-sized pieces</i>
10ml	Lemon Juice
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Milk (optional)
Paper Towel
Butter

1. MAKE THE MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. OH CRUMBS! Pat the schnitzel dry with paper towel. Place the cheesy panko crumb in a shallow dish. Prepare two more shallow dishes: one containing the flour (lightly seasoned), and the other containing 1 egg and 1 tsp of water. Coat the schnitzel in the flour first, then in the egg, and, lastly, in the crumb.

3. GOLDEN & GORGEOUS Return the pan to medium-high heat with enough oil to cover the base. When hot, fry the crumbed schnitzel until browned, 30-60 seconds per side. Remove from the pan, drain on paper towel, and season.

4. BUTTER-GARLIC SAUCE Return the pan to medium-high heat. When hot, melt 20g of butter. When the butter is foaming, add in the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Remove from the pan, cover, and set aside.

5. LEMONY BROCCOLI Return the pan to medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the broccoli pieces until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water and the lemon juice (to taste), cover, and simmer until al dente, 1-2 minutes. Remove from the pan and season.

6. DINNER IS DONE Serve up the lush mash and top with the crispy schnitzel. Drizzle over the garlic butter. Side with the lemon broccoli and sprinkle over the chopped parsley.

Nutritional Information

Per 100g

Energy	482kJ
Energy	115kcal
Protein	10g
Carbs	16g
of which sugars	0.9g
Fibre	1.9g
Fat	1.2g
of which saturated	0.5g
Sodium	40mg

Allergens

Egg, Gluten, Allium, Wheat, Cow's Milk

Eat
Within
3 Days