



QCOOK

Beef Prego Roll

with crispy potato wedges

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Zevenwacht | Estate Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	529kJ	3274kJ
Energy	126kcal	783kcal
Protein	8.1g	50.1g
Carbs	15g	93g
of which sugars	1.7g	10.6g
Fibre	1.2g	7.3g
Fat	3.7g	23g
of which saturated	0.4g	2.7g
Sodium	192mg	978mg

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

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into wedges</i>
5ml	10ml	NOMU BBQ Rub
1	2	Portuguese Roll/s
150g	300g	Beef Schnitzel (without crumb)
25ml	50ml	Prego Sauce
1	1	Tomato <i>rinse & slice ½ [1] into rounds</i>
30ml	60ml	Mayo

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. NOMU-SPICED SPUDS Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil, the NOMU rub and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. TOASTED ROLL When the potatoes are almost cooked, halve the roll/s, and spread butter or oil over the cut side. Place a pan over medium heat. When hot, toast the roll/s, cut-side down, until golden, 1-2 minutes.

3. PREGO SCHNITZEL Return the pan to medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 20-30 seconds per side. In the final 30 seconds, baste with a knob of butter and the prego sauce. Remove from the pan and season.

4. ON A ROLL, CHEF! Top the bottom of the roll/s with the prego and any pan juices. Add the tomato and close up the roll/s. Side with the crispy potato wedges and the mayo for dipping. Easy as, Chef!