Eat Within 2 Days

UCOOK

Green Fields Sun-dried Tomato Schnitty

with mashed potatoes

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Waterkloof | Beeskamp Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	415kJ	2072kJ
Energy	99kcal	495kcal
Protein	4.6g	23.1g
Carbs	14g	71g
of which sugars	2.7g	13.7g
Fibre	1.8g	8.9g
Fat	3g	15g
of which saturated	0.2g	0.8g
Sodium	114mg	568mg

Allergens: Soya, Gluten, Allium, Wheat, Sulphites, Tree Nuts

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato *rinse, peel (optional) & cut into bite-sized pieces*
10g	20g	Almonds
20g	40g	Salad Leaves *rinse*
50g	100g	Cucumber *rinse & cut into half-moons*
20g	40g	Piquanté Peppers *drain*
15ml	30ml	White Balsamic Vinegar
1	1	Garlic Clove *peel & grate*
3g	5g	Fresh Thyme *rinse*
20g	40g	Sun-dried Tomatoes *wipe clean & roughly slice*
15ml	30ml	Cake Flour
50ml	100ml	ButtaNutt Almond Milk
1	2	Green Fields Vegan Chicken-style Schnitzel/s

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Plant-based Butter Alternative
Milk or Milk Alternative
Paper Towel

1. SMASH OUT THE MASH Place the potato 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 plant-based butter (optional) and a splash of water or alternative milk (optional). Mash with a fork, season, and cover.

2. NUTS & SALAD Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. In a bowl, toss together the salad leaves, the cucumber, the peppers and the almonds, some olive oil and the white balsamic. Season and set aside.

3. THYME-INFUSED TOMATO Return the pan over medium heat with a drizzle of oil or a knob of plant-based butter. When hot, fry the garlic, the thyme and the sun-dried tomatoes and fry until fragrant, 2-3 minutes (shifting constantly). Remove the pan from the heat and discard the thyme sprigs. Set aside.

4. READY THE ROUX Return the pan to medium heat with 15ml [30ml] of oil or butter alternative (optional). Vigorously whisk in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the almond milk and cook until thickened slightly (stirring constantly). Loosen with a splash of water if the sauce is too thick. Season and remove from the heat. Mix in the sun-dried tomato mix and cover with a lid and set aside.

5. SUPERB SCHNITZEL Place a clean pan over medium heat with a drizzle of oil. When hot, fry the Green Fields schnitzel until golden and crispy, 2-3 minutes a side. Remove from the pan and drain on paper towel.

6. A TASTE OF COOKING TALENT Plate up the mash. Side with the schnitzel, pouring the creamy sauce over the schnitzel and mash. Side with the fresh salad. Enjoy, Chef!