

# UCOOK

## Crunchy Pistachio Schnitzel

with couscous, baby tomatoes & a zesty yoghurt drizzle

This pistachio-crusted beef schnitzel is crisp and juicy with a flavourful nutty breading. Served with a loaded couscous salad bejeweled with tart baby tomatoes and sweet dried apricots & cranberries. Garnished with fresh parsley and drizzles of zesty yoghurt. Heaven!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes


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**Serves:** 1 Person


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**Chef:** Thea Richter

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 Adventurous Foodie

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 Waterford Estate | Waterford Old Vine Chenin Blanc

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## Ingredients & Prep

100ml	Couscous
25g	Dried Fruit Mix <i>(15g Dried Apricots &amp; 10g Dried Cranberries)</i>
80ml	Panko Breadcrumbs
15ml	Crispy Onion Bits <i>finely chopped</i>
20g	Pistachio Nuts <i>very finely chopped</i>
150g	Free-range Beef Schnitzel (without crumb)
1	Lemon <i>zested &amp; cut into wedges</i>
4g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>
100g	Baby Tomatoes <i>halved</i>
1	Plain Yoghurt

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Egg/s  
Paper Towel

**1. COUSCOUS** Boil the kettle. Place the couscous in a bowl with 100ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork. Roughly chop the dried fruit and set aside.

**2. SOME CRUMB** Whisk 1 egg in a shallow dish with a splash of water. In a separate shallow dish, combine the breadcrumbs, the crispy onion bits, the chopped pistachios, and seasoning. Pat the beef dry with paper towel and coat in the egg first, then lightly coat in the crumb mixture.

**3. CRISPY SCHNITTY** Place a pan over medium 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. LOADED SALAD** To the bowl with the cooked couscous, add the juice from 1 lemon wedge, ½ the chopped parsley, a drizzle of olive oil, a sweetener, seasoning, the halved baby tomatoes, and the chopped dried fruit. Toss until combined.

**5. ZESTY YOGHURT** In a small bowl, mix the yoghurt with a squeeze of lemon juice, lemon zest (to taste) and seasoning. Set aside.

**6. DIG IN!** Plate up the jeweled couscous salad. Drizzle over the zesty yoghurt and top with the pistachio beef. Garnish with the remaining parsley. Well done, Chef!

## Nutritional Information

Per 100g

Energy	735kJ
Energy	176kcal
Protein	11.8g
Carbs	23g
of which sugars	3.8g
Fibre	3g
Fat	3.5g
of which saturated	0.8g
Sodium	52mg

## Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook  
within  
4 Days