



UCOOK

Beef Schnitzel Napoletana

with olives, rustic sweet potato mash & sunflower seeds

Browned beef is layered between a rich and tangy tomato sauce, pops of salty olives, and melted cheese, which is baked to perfection. Sided with a rustic sweet potato mash and a simple salad.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Kate Gomba

Fan Faves

Stettyn Wines | Stettyn Family Range Cabernet Sauvignon 2021

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Ingredients & Prep

| | |
|------|--|
| 1kg | Sweet Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i> |
| 40g | Sunflower Seeds |
| 600g | Free-range Beef Schnitzel (without crumb) |
| 2 | Onions <i>peel & finely dice</i> |
| 2 | Garlic Cloves <i>peel & grate</i> |
| 40ml | NOMU Italian Rub |
| 400g | Cooked Chopped Tomato |
| 80g | Pitted Kalamata Olives <i>drain & cut in half</i> |
| 120g | Mozzarella Cheese <i>grate</i> |
| 40ml | Red Wine Vinegar |
| 80g | Green Leaves <i>rinse & roughly shred</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Milk (optional)
Paper Towel
Butter

1. SMASH OUT THE MASH Preheat the oven to 200°C. Spread out the sweet potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 35-40 minutes (shifting halfway). Place the roasted sweet potato in a bowl with a knob of butter and a splash of water or milk. Mash with a fork and cover.

2. SUNNY SEEDS Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. YOU HAD ME AT SCHNITZEL Return the pan to high heat with a drizzle of oil. Pat the beef schnitzels dry with paper towel and season. When hot, fry the schnitzels until browned, 30-60 seconds per side. Remove from the pan.

4. I SAY TO-MATO, YOU SAY, TOMA-TO Return the pan to medium-high heat with a drizzle of oil. When hot, fry the diced onion until soft and golden, 5-6 minutes (shifting occasionally). Add the grated garlic and the NOMU rub. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the chopped tomato and 600ml of water. Simmer until slightly reduced, 12-15 minutes. Add a sweetener (to taste) and seasoning.

5. SAY CHEESE! Place the browned schnitzels in an even layer in a deep roasting tray. Cover with the tomato sauce. Sprinkle over the halved olives and the grated cheese. Pop in the hot oven and bake until the cheese is melted, 3-5 minutes.

6. SOME FRESHNESS In a bowl, combine the vinegar, 20ml of a sweetener, a drizzle of olive oil, and seasoning. Toss through the shredded leaves and the toasted sunflower seeds.

7. DINNER IS READY Plate up the rustic mash. Serve with the saucy & cheesy beef napoletana and the fresh salad.

Nutritional Information

Per 100g

| | |
|--------------------|--------|
| Energy | 382kj |
| Energy | 91kcal |
| Protein | 6.9g |
| Carbs | 9g |
| of which sugars | 3.8g |
| Fibre | 1.6g |
| Fat | 2.4g |
| of which saturated | 0.8g |
| Sodium | 128mg |

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
4 Days