

UCOOK

Milanese Beef Schnitty

with roasted baby potatoes & sage burnt butter

Milanese is the Italian way of making a schnitzel – this crumb contains Italian-style cheese to elevate the authentic flavour. Served with golden roasted baby potatoes, fresh salad with balsamic reduction, and a drizzle of garlic and sage burnt butter.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Alex Levett

 Fan Faves

 Neil Ellis Wines | Neil Ellis Stellenbosch
Cabernet Sauvignon 2020

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Ingredients & Prep

250g	Baby Potatoes <i>rinsed & halved</i>
20g	Green Leaves <i>rinsed</i>
20g	Pitted Kalamata Olives <i>drained & roughly chopped</i>
50g	Cucumber <i>rinsed & cut into half-moons</i>
30ml	Cake Flour
10ml	NOMU Provençal Rub
125ml	Cheesy Crumb <i>(100ml Panko Breadcrumbs & 25ml Grated Italian-style Hard Cheese)</i>
150g	Free-range Beef Schnitzel (without crumb)
1	Garlic Heads <i>peeled & grated</i>
3g	Fresh Sage <i>rinsed, picked & dried</i>
10ml	Balsamic Reduction

From Your Kitchen

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

1. ROAST EM' UP Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. SALAD TIME! Toss the rinsed green leaves, the chopped olives, and the cucumber half-moons with a drizzle of olive oil and seasoning.

3. GOLDEN FRY In a shallow dish whisk 1 egg with 1 tbsp of water. Prepare two more shallow dishes: one containing the flour, the NOMU rub, and seasoning and the other containing the cheesy crumb. Coat the beef schnitzel in the flour first, then in the egg, and, lastly, in the breadcrumbs. When passing through the breadcrumbs, press it into the meat so it sticks and coats evenly. Place a pan over medium heat with enough oil to cover the base. When hot, fry the crumbed schnitzel until browned, 1-2 minutes per side. Remove from the pan, drain on paper towel, and season.

4. FLAVOURED BUTTER Return the pan to low heat with 40g of butter, the grated garlic, and the sage leaves. Simmer until the butter foams and turns golden. Remove from the heat. Allow to cool slightly before seasoning. Place the cooked schnitzels on a roasting tray and warm in the hot oven for 2-3 minutes before serving.

5. CRISPY DINNER Plate up the roasted potatoes, side with the crispy beef milanese, and pour over the sage-garlic butter sauce. Serve with the side salad and drizzle with the balsamic glaze. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	550kj
Energy	131kcal
Protein	9.3g
Carbs	18g
of which sugars	3.1g
Fibre	2g
Fat	2.3g
of which saturated	0.8g
Sodium	162mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within
4 Days