



# UCOOK

## Beef Schnitzel & Herby Mushroom Gravy

with creamy mash & cucumber salad

You'll work up a great appetite while making this German-inspired dish, as enticing aromas of fried mushrooms covered in a rich beef stock gravy fill the air. Served with a browned beef schnitzel, a generous serving of potato mash and a side salad of greens, sweet piquant peppers & cucumber drizzled with balsamic vinegar. Guten appetit, Chef!

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Suné van Zyl

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Fan Faves

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Painted Wolf Wines | The Pack Darius  
Carignan

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## Ingredients & Prep

600g	Potato <i>rinse &amp; cut into bite-sized pieces</i>
60g	Salad Leaves <i>rinse &amp; roughly shred</i>
60g	Piquanté Peppers <i>drain</i>
150g	Cucumber <i>rinse &amp; cut into half-moons</i>
15ml	Balsamic Vinegar
450g	Beef Schnitzel
2	Onions <i>peel &amp; finely dice 1½</i>
2	Garlic Cloves <i>peel &amp; grate</i>
300g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
45ml	Cake Flour
15ml	Beef Stock
8g	Fresh Thyme <i>rinse &amp; pick</i>

## From Your Kitchen

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

**1. MAKE THE MASH** Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

**2. STOCK & SALAD** Boil the kettle. Dilute the stock with 240ml of boiling water. Set aside. In a salad bowl, combine the shredded salad leaves, the drained peppers, the cucumber half-moons, the vinegar, a drizzle of olive oil, and seasoning. Set aside.

**3. SEAR THE SCHNITZEL** Place a pan over 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. Remove from the pan and season. You may need to do this step in batches.

**4. FRY** Place a pan over medium heat with a drizzle of oil & a knob of butter. When hot, fry the diced onion until golden, 6-7 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 1-2 minutes. Add the sliced mushrooms until golden, 6-7 minutes (shifting occasionally).

**5. SAUCE** Once the mushrooms are cooked, add a knob of butter and the flour. Cook the flour out for 3-4 minutes (stirring continuously). Pour in the diluted stock and the picked thyme. Simmer until starting to thicken, 8-10 minutes. If the sauce is too thick for your liking, add a splash of water. Remove from the heat, add a sweetener (to taste), and season.

**6. MMMUSHROOM GRAVY SCHNITTY** Plate up the creamy mash. Side with the browned schnitzel and the fresh salad. Drizzle the mushroom gravy over the schnitzel. Delicious, Chef!

## Nutritional Information

Per 100g

Energy	304kJ
Energy	73kcal
Protein	6.6g
Carbs	9g
of which sugars	2.2g
Fibre	1.5g
Fat	0.7g
of which saturated	0.2g
Sodium	33mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat  
Within  
3 Days