



# UCOOK

## Beef Parmigiana & Roasted Sweet Potatoes

with zesty cucumber rounds

We've turned the classic Italian parmigiana di melanzane into a crumbed beef sensation! Panko breadcrumb-coated beef schnitzel is topped with a decadent tomato sauce, topped with cheese and baked in the oven until a bubbling, golden triumph. Sided with sweet potato chips and a simple green salad.

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**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person

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**Chef:** Jade Summers

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Fan Faves

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Zevenwacht | Estate Merlot

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## Ingredients & Prep

250g	Sweet Potato <i>peel (optional) &amp; cut into skinny, 5mm thick chips</i>
5ml	NOMU Italian Rub
30ml	Cake Flour
100ml	Panko Breadcrumbs
150g	Free-range Beef Schnitzel (without crumb)
20g	Green Leaves <i>rinse</i>
50g	Cucumber <i>rinse &amp; cut into rounds</i>
5ml	Old Stone Mill Salad Sprinkle
10ml	Lemon Juice
1	Onion <i>peel &amp; finely slice</i>
20ml	Tomato Paste
50g	Grated Mozzarella & Cheddar Cheese

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Paper Towel  
Egg/s  
Sugar/Sweetener/Honey  
Seasoning (salt & pepper)

**1. START THE SWEET POTATO CHIPS** Preheat the oven to 200°C. Spread the sweet potato chips on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

**2. COAT & CRUMB** Whisk 1 egg in a bowl. Prepare two shallow dishes: one containing the NOMU rub, and the flour (seasoned lightly), and one containing the crumb. Coat the schnitzels in the seasoned flour, dusting off any excess flour. Coat in the whisked egg, and lastly the crumb. Repeat this step with each schnitzel. Place in the fridge to rest.

**3. ZESTY GREEN SALAD** In a bowl, combine the rinsed green leaves, the cucumber rounds, the salad sprinkle, and the lemon juice (to taste). Season and set aside.

**4. TANGY TOMATO SAUCE** Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 4-5 minutes (shifting occasionally). Add the tomato paste and fry until fragrant, 2-3 minutes. Add 100ml of water. Simmer until thickening, 5-6 minutes. Add a sweetener (to taste), and season.

**5. MMMELTED CHEESE TOPPING** Place a pan (with a lid) over high heat with enough oil to cover the base. When hot, fry the crumbed schnitzels until browned, 30-60 seconds. Remove from the pan, drain on paper towel, and season. Place the schnitzel on a roasting tray, top with the saucy tomato paste mixture, and sprinkle over the grated cheese. Pop in the oven and roast until the cheese is melted, 3-5 minutes.

**6. DINNER'S READY!** Plate up the beef parm, side with the cucumber salad, and the sweet potato chips.



## Chef's Tip

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

## Nutritional Information

Per 100g

Energy	402kj
Energy	96kcal
Protein	6.8g
Carbs	14g
of which sugars	3.5g
Fibre	1.5g
Fat	0.7g
of which saturated	0.2g
Sodium	117mg

## Allergens

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

Eat  
Within  
4 Days