



# UCOOK

## Crispy Crumbed Beef Schnitzel

**with sun-dried tomato cottage cheese & loaded salad**

This crunchy beef schnitzel is crisp and juicy with a flavourful pea-crusted breading. Served with a loaded carrot & nut salad adorned with creamy feta crumbles. Sided with a delish sun-dried tomato cottage cheese. Creamy crunchy heaven!

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People


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**Chef:** Jemell Willemberg

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 Carb Conscious

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 Simonsig | Pinotage

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## Ingredients & Prep

480g	Carrot <i>trimmed, peeled &amp; cut into wedges</i>
60g	Sun-dried Tomatoes
60ml	Low Fat Cottage Cheese
20g	Almonds <i>roughly chopped</i>
200ml	Pea Crumb
300g	Free-range Beef Schnitzel (without crumb)
40g	Green Leaves <i>rinsed</i>
20ml	Lemon Juice
60g	Danish-style Feta <i>drained</i>

## From Your Kitchen

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

**1. ROASTED CARROTS** Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. TOMATO COTTAGE CHEESE** Squeeze out the oil from the sun-dried tomatoes and finely chop ¼. Roughly chop the remaining amount. Place the finely chopped tomato into a small bowl. Combine with the cottage cheese, a splash of water, and seasoning. Set aside.

**3. TOASTED ALMONDS** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**4. CRUMB IT UP** Whisk 1 egg in a shallow dish with a tsp of water. Prepare another shallow dish containing the pea crumb and seasoning. Coat the beef schnitzel in the egg and then in the pea crumb. Repeat with each schnitzel. Return the pan to medium-high heat with enough oil to cover the base. When hot, fry the schnitzel for 1-2 minutes per side until golden and cooked through. Remove from the pan, season, and drain on paper towel.

**5. LOADED SALAD** Once the carrots are done, place them into a bowl. Add the rinsed leaves, the lemon juice (to taste), the remaining chopped sun-dried tomatoes, ½ the toasted nuts and crumble in the drained feta. Toss together with a drizzle of olive oil and seasoning. Set aside.

**6. GRAB THE PLATES!** Serve up the crisp crumbed schnitty alongside the loaded carrot & tomato salad. Garnish with the remaining toasted nuts and serve the cottage cheese on the side. Yum, Chef!



## Chef's Tip

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

## Nutritional Information

Per 100g

Energy	550kj
Energy	132kcal
Protein	10.9g
Carbs	12g
of which sugars	4.5g
Fibre	3.2g
Fat	4.6g
of which saturated	1.6g
Sodium	116mg

## Allergens

Egg, Dairy, Sulphites, Tree Nuts

Cook  
within  
4 Days