



# UCOOK

## Beef Schnitzel & Dill-whipped Feta

with charred leeks & a broccoli salad

The beef schnitzel, fried in butter and NOMU Provençal rub, is accompanied by dill-whipped feta. Sided with charred leeks and a broccoli, pea & radish salad. It's not too good to be true!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes


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**Serves:** 1 Person


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**Chef:** Rhea Hsu

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 Carb Conscious

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 Waterkloof | Peacock Syrah

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## Ingredients & Prep

1	Yoghurt
30g	Danish-style Feta <i>drained</i>
3g	Fresh Dill <i>rinsed, picked &amp; roughly chopped</i>
40g	Peas
100g	Leeks <i>trimmed at the base &amp; halved lengthways</i>
100g	Broccoli Florets <i>cut into bite-sized pieces</i>
150g	Free-range Beef Schnitzel (without crumb)
10ml	NOMU Provençal Rub
10ml	Lemon Juice
20g	Salad Leaves <i>rinsed &amp; roughly shredded</i>
20g	Radish <i>rinsed &amp; cut into thin rounds</i>

## From Your Kitchen

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

**1. WHIPPED FETA** In a small bowl, combine the yoghurt and the drained feta. Mash with a fork until combined. Add water in 5ml increments if the mixture is not coming together. Alternatively, place in a blender and pulse until smooth. Mix through ½ the chopped dill and seasoning.

**2. GREEN PEAS** Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

**3. CHARRED LEEKS** Rinse the halved leeks. Place a pan with a lid over medium-high heat with a drizzle of oil. When hot, add the leeks cut-side down and fry until charred, 8-10 minutes (shifting occasionally). Add a splash of water and cover. Simmer until the water has evaporated, 2-3 minutes. In the final 30 seconds, toss in a knob of butter. Remove from the pan, season, and cover.

**4. CRUNCHY BROCC** Return the pan to medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the broccoli pieces until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season.

**5. BUTTERED BEEF** Return the pan to high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 30-60 seconds per side. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season.

**6. FAB SALAD** In a salad bowl, combine the lemon juice, a drizzle of olive oil, a sweetener, and seasoning. Toss through the shredded leaves, the peas, the radish rounds, and the charred broccoli.

**7. TIME TO DINE** Plate up the beef schnitzel and dollop the dill-whipped feta on the side. Side with the buttery charred leeks and the dressed salad. Garnish with the remaining dill. Enjoy!

## Nutritional Information

Per 100g

Energy	383kj
Energy	92kcal
Protein	10g
Carbs	7g
of which sugars	2g
Fibre	1.9g
Fat	2.8g
of which saturated	1.4g
Sodium	169mg

## Allergens

Dairy, Allium

Cook  
within 5  
Days