

UCOOK

Beef Schnitzel & Roasted Cauli

with a creamy cheese sauce

Having an easy and delicious cheese sauce recipe in your Chef's pocket is always handy. Made with a homemade roux, this delectable liquid will be poured over oven roasted cauliflower & onions, sided with juicy beef slices. A simple green salad with sunflower seeds adds crunch and freshness.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

Carb Conscious

 Bertha Wines | Bertha Shiraz 2021

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Ingredients & Prep

200g	Cauliflower Florets <i>rinse & cut into bite-sized pieces</i>
1	Onion <i>peel & cut into thick wedges</i>
10g	Sunflower Seeds
150g	Free-range Beef Schnitzel (without crumb)
5ml	NOMU Provençal Rub
20ml	Cornflour
100ml	Low Fat UHT Milk
30g	Cheddar Cheese <i>grate</i>
20g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the cauliflower pieces and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 15-20 minutes (shifting halfway).

2. TOAST Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. SCHNITZ Return the pan to medium-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.

4. CHEESE SAUCE Place a small pot over medium heat with 10g of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, loosen with a splash of water, and add the grated cheese. Stir until melted, season, and remove from the heat. Add a splash of water or milk (optional) if the sauce is too thick.

5. SALAD LEAVES In a bowl, combine the shredded salad leaves, the sunflower seeds, a drizzle of olive oil, and seasoning.

6. TIME TO EAT Plate up the roast, side with the beef schnitzel, and drizzle over the cheese sauce. Serve the salad leaves on the side and enjoy, Chef!



Chef's Tip

Air fryer method: Coat the cauliflower pieces and the onion wedges in oil and season. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	393kj
Energy	94kcal
Protein	8.9g
Carbs	6g
of which sugars	2.5g
Fibre	1.1g
Fat	3.7g
of which saturated	1.6g
Sodium	66mg

Allergens

Allium, Cow's Milk

Eat
Within
3 Days