

WCOOK

Golden Beef Schnitty & Cheese Sauce

with a zesty olive & feta salad

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Stettyn Wines | Stettyn Family Range
Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	554kJ	3982kJ
Energy	133kcal	953kcal
Protein	9.6g	68.9g
Carbs	13g	90g
of which sugars	1.7g	12g
Fibre	1.4g	10.1g
Fat	4.6g	32.9g
of which saturated	2.5g	17.9g
Sodium	120mg	864mg

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

Spice Level: None

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse, peel (optional) & cut into bite-sized pieces</i>
140ml	180ml	Herby Flour <i>(15ml [20ml] NOMU Italian Rub & 125ml [160ml] Cake Flour)</i>
300ml	400ml	Panko Breadcrumbs
450g	600g	Beef Schnitzel (without crumb)
30g	40g	Pumpkin Seeds
300ml	400ml	Low Fat UHT Milk
150g	200g	Emmental Cheese <i>grate</i>
60g	80g	Pitted Kalamata Olives <i>drain & roughly slice</i>
60g	80g	Danish-style Feta <i>drain</i>
2	2	Tomatoes <i>rinse & cut into thin wedges</i>
15ml	20ml	Old Stone Mill Salad Sprinkle
45ml	60ml	Lemon Juice

From Your Kitchen

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

1. START THE POTATO WEDGES Preheat the oven to 200°C. Spread the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. COAT & CRUMB Whisk 2 eggs in a bowl. Prepare two shallow dishes: one containing $\frac{3}{4}$ of 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. TOASTED SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

4. SUPER SCHNITTY Return the pan to medium heat with enough oil to cover the base. When hot, fry the crumbed schnitzel until browned, 30-60 seconds per side. Remove from the pan, drain on paper towel, and season. You may need to do this step in batches.

5. CHEESY SAUCE Place a pot over medium heat with 30g [40g] of butter. Once melted, vigorously mix in the remaining flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add the cheese and stir until melted. Loosen with warm water or milk (optional) if the sauce is too thick. Season and remove from the heat.

6. ZESTY GREEN SALAD In a bowl, combine the olives, feta, tomato, salad sprinkle, and the lemon juice (to taste). Season and set aside.

7. TUCK IN Plate up the crumbed schnitzel, and top with the cheese sauce. Side with the golden potato chips, and the fresh salad.