



WCOOK

Parsley-crumbed Beef Schnitty

with a pecan nut & apple salad

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Strandveld | The Navigator Red Blend

Nutritional Info

	Per 100g	Per Portion
Energy	500kj	3338kj
Energy	120kcal	798kcal
Protein	7.6g	50.7g
Carbs	17g	114g
of which sugars	3.5g	23.6g
Fibre	2.4g	15.7g
Fat	2.7g	18.2g
of which saturated	0.4g	2.6g
Sodium	157mg	1052mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
30ml	40ml	Chaloner Raspberry Vinegar
450g	600g	Beef Schnitzel (without crumb)
45ml	60ml	NOMU Roast Rub
2	2	Apples <i>rinse, peel, core & cut 1½ [2] into wedges</i>
45ml	60ml	Wholegrain Mustard
8g	10g	Fresh Chives <i>rinse & roughly chop</i>
600g	800g	Potato <i>rinse & cut into wedges</i>
125ml	160ml	Cake Flour
45g	60g	Pecan Nuts <i>roughly chop</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
30g	40g	Fresh Parsley <i>rinse & finely chop</i>
300ml	400ml	Panko Breadcrumbs

From Your Kitchen

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

1. ON A WEDGE Preheat the oven to 200°C. Spread the potato wedges on a roasting tray. Coat in oil, ½ the NOMU rub, and seasoning. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

2. FEELING NUTTY Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. OH CRUMBS! Pat the schnitzel dry with paper towel. Place the parsley, breadcrumbs, and seasoning in a shallow dish. Prepare two more shallow dishes: one containing the flour and the remaining rub, and the other containing 2 eggs and 2 tsp of water. Coat the schnitzel in the flour first, then in the egg, and lastly, in the crumb.

4. GOLDEN & GORGEOUS Return the pan to medium-high heat with enough oil to cover the base. Carefully lower the crumbed schnitzels into the hot oil. Fry until cooked through and golden, 1-2 minutes per side. Drain on paper towel.

5. GET DRESSED In a salad bowl, combine the salad leaves, the apples, the vinegar, ½ the pecans, a drizzle of olive oil, and seasoning.

6. TIME TO DINE! Plate up the crispy schnitzel. Side with the crunchy salad and the crispy potato wedges. Sprinkle the remaining pecans and the chives over the salad. Side with the mustard for dunking. Look at that, Chef!