



# WCOOK

## German Beef Schnitzel Dinner

with crispy ciabatta slices

**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

**Fan Faves:** Serves 3 & 4

**Chef:** Suné van Zyl

**Wine Pairing:** Muratie Wine Estate | Muratie Melck's-  
Blended Red

### Nutritional Info

	Per 100g	Per Portion
Energy	446kJ	3659kJ
Energy	107kcal	875kcal
Protein	7.1g	58.5g
Carbs	10g	86g
of which sugars	2.8g	22.8g
Fibre	1.6g	13.1g
Fat	3.8g	31.1g
of which saturated	1.9g	15.7g
Sodium	178mg	1457mg

**Allergens:** Sulphites, Gluten, Wheat, Cow's Milk, Soya, Allium

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

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<b>Serves 3</b>	<b>[Serves 4]</b>	
450g	600g	Beef Schnitzel (without crumb)
2	2	Onions <i>peel &amp; finely slice 1½ [2]</i>
2	2	Bell Peppers <i>rinse, deseed &amp; cut 1½ [2] into strips</i>
30ml	40ml	Spicy Herb Rub <i>(15ml [20ml] Dried Oregano, 12ml [16ml] NOMU Italian Rub &amp; 3ml [4ml] Cayenne Pepper)</i>
2	2	Garlic Cloves <i>peel &amp; grate</i>
300ml	400ml	Tomato Passata
15ml	20ml	Vegetable Stock
125ml	160ml	Crème Fraîche
90g	120g	Cheddar Cheese <i>grate</i>
3	4	Ciabatta Rolls

## From Your Kitchen

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

**1. SEAR THE SCHNITZEL** Boil the kettle. Place a pan over 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. You may need to do this step in batches. Remove from the pan, season, and thinly slice.

**2. TOMATO & VEG SAUCE** Place a pot over medium heat with a drizzle of oil and a knob of butter. When hot, fry the onion and peppers until soft, 5-6 minutes. Add the spicy rub and the garlic, and fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata, the vegetable stock, and 450ml [600ml] of boiling water. Simmer until the sauce has reduced, 15-20 minutes. Remove from the heat, mix through a sweetener (to taste), the crème fraîche, the beef slices, and seasoning. Sprinkle over the cheese and cover until melted.

**3. GOLDEN CIABATTA** Slice the ciabatta rolls into 2-3cm thin slices. Spread butter (optional) or oil over the slices. Place a pan over medium heat. When hot, toast the ciabatta slices until golden, 1-2 minutes per side.

**4. GUTEN APPETIT!** Bowl up the creamy beef and veg sauce. Serve the crispy bread slices alongside, ready to scoop and eat.