



UCCOOK

Cheesy Beef Schnitz Pasta

with a herb crumb & a fresh salad

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Fan Faves: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Paul Cluver | Village Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	922kj	4108kj
Energy	220kcal	982kcal
Protein	15.8g	70.5g
Carbs	23g	103g
of which sugars	3g	13.3g
Fibre	1.6g	7.1g
Fat	7.2g	32.2g
of which saturated	3.2g	14.5g
Sodium	229mg	1019mg

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

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Fusili Pasta
5g	10g	Almonds <i>roughly chop</i>
60ml	120ml	Cheesy Crumb <i>(40ml [80ml] Panko Breadcrumbs & 20ml [40ml] Grated Italian-style Hard Cheese)</i>
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>
10ml	20ml	Cake Flour
60ml	125ml	Low Fat Fresh Milk
40g	80g	Grated Mozzarella & Cheddar Cheese
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Danish-style Feta <i>drain</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
150g	300g	Beef Schnitzel (without crumb)
10ml	20ml	NOMU Italian Rub

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Seasoning (salt & pepper)

- 1. AL DENTE PASTA** Bring a pot of salted water to a boil for the pasta. Cook the pasta until al dente, 10-12 minutes. Drain, reserving a cup of pasta water, and toss through a drizzle of olive oil.
- 2. CHOP-CHOP** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. CRUNCHY CRUMB** Return the pan to medium-high heat with 10g [20g] of butter and a drizzle of oil. Once melted, add the cheesy crumb and fry until lightly toasted and golden, 1-2 minutes. Remove from the pan and mix through ½ the parsley. Set aside.
- 4. CHEESY SAUCE** Return the pan to medium heat with 10g [20g] 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, add the cheese and stir until melted. Season and remove from the heat. Toss through the cooked pasta and loosen with some pasta water if too thick.
- 5. SUN-DRIED TOMATO SALAD** Place the salad leaves in a bowl with the feta and the sun-dried tomatoes, a drizzle of olive oil and seasoning. Set aside.
- 6. BUTTER-BASTED BEEF** Place a clean 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. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season. Rest for 5 minutes before slicing and seasoning.
- 7. GATHER AROUND THE TABLE** Dish up the creamy pasta and top with the beef slices and the cheesy crumb. Garnish with the remaining parsley and toasted nuts. Serve the fresh salad on the side.