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Beef schnitzel with mashed potatoes & green beans

SERVES PREP TIME COOK TIME

4

10
MINS

25
MINS

**Total recipe cost when you buy all
the ingredients from Coles: \$9.99**

Based on actual ingredient portions used

- * **1kg red washed potatoes**,
peeled, cut into 3cm chunks
- ½ cup Coles Brand Full Cream Milk,
warmed
- 75g Coles Brand Unsalted Butter,
at room temperature
- 5 slices Coles Brand White Sliced Bread
- ⅓ cup plain flour
- * **2 Coles Brand Free Range Eggs**
- 1 tbsp Coles Brand Dijon Mustard
- * **4 Coles Brand Beef Schnitzels**
- 5 tbsp olive oil
- * **230g green beans**

↻ * *Buy any 3 of these 4 ingredients
between 03/10/2012 – 09/10/2012 and
receive 500 Flybuis BONUS POINTS.*



FOR THE MASHED POTATOES

- 1 Cover potatoes with cold salted water in a large heavy-based saucepan. Bring to the boil. Cook for 20-25 mins, or until tender. Drain in a colander and stand for 5 mins to steam dry.
- 2 Press the potatoes through a large sieve or potato ricer back into the same pan. Stir in the milk and butter until very smooth. Season with salt and pepper.

FOR THE SCHNITZELS

- 3 Place bread into a food processor and blend to fine crumbs. Using 3 separate plates, scatter flour over first plate and season with salt and pepper. Beat eggs with mustard in a small bowl and pour onto second plate. Scatter breadcrumbs over the third plate.
- 4 Dust schnitzel in flour, then dip into egg mixture, and finally into the breadcrumbs, pressing on to coat. Place crumbed schnitzel on a separate plate. Repeat with the remaining schnitzels.
- 5 Heat 2 tbsp oil in a large heavy-based frying pan over high heat. When pan is hot, add 2 schnitzels to the pan. Cook for 2 mins on each side until golden. Remove to serving plates. Repeat with another 2 tbsp oil and remaining schnitzels.
- 6 Remove oil from pan and wipe clean. Return pan to the heat. Once hot, add the remaining oil and allow to heat for 1 min. Add the green beans and cook for 2 mins, or until just tender.
- 7 Season with salt and pepper. Serve with schnitzels and mashed potato.

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