

GF Friendly

Beef Mince Schnitzel

A cheaper version of traditional schnitzel

The usual meat for schnitzel is a veal or thin beef steak which can be expensive and is sometimes a bit chewy. I used beef mince, but lamb, pork or even chicken mince would do. Apart from the seasoning of salt and pepper there are no spices or herbs in this recipe; however you can add whatever you fancy, including a squirt of tomato or barbecue sauce. As for the vegetables, I included fried potatoes; sliced and parboiled first, fried in the oil before putting in the schnitzels; then kept warm in the oven prior to serving.

- 250-300g beef mince
- 1 level dessert spoon plain flour
- a pinch of salt (optional)
- a shake of black pepper (optional)
- ¼ cup breadcrumbs
- Extra seasoned flour for coating
- 1 beaten egg
- 1 Tbsp olive oil or cooking oil



In a suitable bowl, put one dessertspoon of flour, the meat mince, any seasoning or spices/sauce/herbs and about 1/3 of the beaten egg. Combine this well with a fork ensuring the mince is evenly distributed.

Have a dish with the breadcrumbs handy, plus another with the extra flour. Divide the mince mixture into two, form into flattened steaks; then carefully coat first in flour, dip in the beaten egg, and finish off with the breadcrumbs. Finally, fry on medium in the oil both sides until golden brown (about 10 minutes).

Serves 2

okay to freeze

Tip: during the coating of flour, egg and breadcrumbs process, it is easier to turn the meat using a flat fish or frying slice to avoid it breaking up.

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