

Bavarian Beef Schnitzel With Warm Tangy Slaw

Thin, tender Top Round Steaks get the German treatment with bread crumbs and smoked paprika. Round out the dish with a quick warm slaw.

INGREDIENTS

4 beef Top Round Steaks, cut 1/8 inch thick (about 1 pound)

1-1/2 cups panko bread crumbs

3 tablespoons butter, melted

2 tablespoons finely chopped fresh parsley

1 teaspoon smoked paprika

3/4 teaspoon salt, divided

3/4 teaspoon pepper, divided

Chopped parsley (optional)

2 slices bacon, diced

2 cups shredded cabbage

1/4 cup apple cider vinegar



20 Min



4

Servings



42 Cal



32g

Protein

COOKING


1. Preheat oven to 425°F. Combine panko crumbs, butter, parsley, paprika, 1/2 teaspoon salt and 1/2 teaspoon pepper in large shallow dish.

2. Press one beef steak firmly into crumb mixture to coat both sides; place on shallow baking pan. Repeat with remaining steaks. Evenly press remaining crumb mixture onto tops of steaks. Bake 10 minutes.

3. Meanwhile, to prepare Warm Tangy Slaw, heat nonstick skillet over medium-high heat until hot. Add bacon; cook 5 to 7 minutes or until bacon is crispy. Add cabbage and vinegar; cook 5 to 7 minutes. Season with remaining 1/4 teaspoon salt and 1/4 teaspoon pepper.

4. Serve schnitzel with slaw. Garnish with parsley, if desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		15g	99mg		27g	32g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com