



# UCOOK

## Pork & Butternut Half-moons

**with a charred corn salsa & a parsley  
butter**

Juicy pork schnitzel is fried until golden and doused in a parsley-butter basting. Sided with roasted butternut half-moons and a lemony charred corn & cucumber salsa. Simply delicious!

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 2 People


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**Chef:** Thea Richter

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 **Simple & Save**

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 **Waterkloof | False Bay Cinsault / Mourvèdre  
Rosé**

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## Ingredients & Prep

|      |   |
|------|---|
| 1    | Butternut Whole<br><i>rinsed, deseeded, peeled (optional) &amp; cut into ½ a cm thin half-moons</i> |
| 80g  | Corn  |
| 300g | Pork Schnitzel (without crumb)  |
| 5g   | Fresh Parsley<br><i>rinsed &amp; roughly chopped</i>  |
| 100g | Cucumber<br><i>rinsed &amp; roughly diced</i>   |
| 20ml | Lemon Juice   |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. ROASTED BUTTERNUT** Preheat the oven to 200°C. Spread the butternut half-moons on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. CHARRED CORN** Place a pan over high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. GOLDEN PORK** When the butternut has 5-7 minutes remaining, return the pan to medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, fry the schnitzel until golden and cooked through, 30-60 seconds per side. In the final minute, baste with 40g of butter and the chopped parsley.

**4. QUICK SALSA** In a bowl, combine the charred corn, the diced cucumber, the lemon juice (to taste), seasoning, and a drizzle of olive oil.

**5. DINNER = SERVED** Plate up the butternut half-moons. Side with the corn salsa and the schnitzel doused in the parsley butter. Time to dine, Chef!



## Chef's Tip

Air fryer method: Coat the butternut half-moons in oil and season. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 327kJ  |
| Energy             | 78kcal |
| Protein            | 7.8g   |
| Carbs              | 8g     |
| of which sugars    | 1.6g   |
| Fibre              | 1.3g   |
| Fat                | 1.2g   |
| of which saturated | 0.4g   |
| Sodium             | 106mg  |

## Allergens

Dairy

Cook  
within 2  
Days