



UCOOK

Beef & Roasted Veg Dinner

with crispy kale, roasted butternut & rosemary butter

Beef schnitzel is pan-fried and basted with a moreish rosemary & garlic butter sauce. Sided with a colourful heap of roasted butternut, cauliflower & crispy kale. A sprinkling of toasted pecans gives this dish a nutty crunch. A perfect & comforting dinner recipe!


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Kate Gomba

 Carb Conscious

 Waterford Estate | Waterford OVP Chenin Blanc 2020

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

800g	Butternut Chunks <i>cut into small bite-sized pieces</i>
800g	Cauliflower Florets <i>cut into bite-sized pieces</i>
20ml	NOMU Italian Rub
60g	Pecan Nuts
200g	Kale <i>rinsed & roughly shredded</i>
600g	Free-range Beef Schnitzel (without crumb)
10g	Fresh Rosemary <i>rinsed</i>
2	Garlic Cloves <i>peeled & grated</i>

From Your Kitchen

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

1. ROAST IT UP Preheat the oven to 200°C. Place the butternut pieces and the cauliflower pieces on a roasting tray. Coat in oil, the rub, and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. NUTTY FOR PECANS Place the pecans in a pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool.

3. CRISPY KALE Place the shredded kale on a second roasting tray. Coat in oil and seasoning. Using your hands, gently massage until softened and coated. When the roast has 10 minutes remaining, pop the tray of dressed kale into the hot oven. Roast for the remaining time until crispy.

4. SIZZLING SCHNITZEL Return the pan to a high heat with a drizzle of oil. Pat the schnitzel dry with paper towel and season. When hot, pan-fry the schnitzel for 30-60 seconds per side until golden and cooked through. You might have to do this step in batches. In the final minute, baste with the rinsed rosemary, the grated garlic, and a generous knob of butter. Remove from the pan and reserve the rosemary butter sauce for serving. Season lightly.

5. FINISHED ALREADY?! Pile up the roasted veg & kale. Side with the schnitzel drizzled with the rosemary butter sauce. Sprinkle over the toasted pecans. Time to pork out, Chef!

Nutritional Information

Per 100g

Energy	342kj
Energy	82kcal
Protein	7g
Carbs	6g
of which sugars	1.7g
Fibre	2.1g
Fat	2.8g
of which saturated	0.5g
Sodium	47mg

Allergens

Dairy, Allium, Tree Nuts

Cook
within 3
Days