



# 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:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 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 <i>rinsed, deseeded, peeled (optional) &amp; cut into ½ a cm thin half-moons</i>
120g	Corn
450g	Pork Schnitzel (without crumb)
8g	Fresh Parsley <i>rinsed &amp; roughly chopped</i>
150g	Cucumber <i>rinsed &amp; roughly diced</i>
30ml	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, 30-35 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, 4-6 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. You might have to do this step in batches. In the final minute, baste with 60g 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