

UCOOK

Parmalat's Beef & Maple Butternut

with roasted cabbage & Parmalat's Cinnamon & Honey Butter

Cinnamon is a classic pairing with roasted butternut. In this recipe, we elevate this flavour pairing to a taste trio with Parmalat's Cinnamon & Honey butter. The loaded butternut salad shares a plate with butter-basted beef schnitzel, a zesty crème fraîche sauce and roasted cabbage.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Parmalat

 Carb Conscious

 Delheim Wines | Delheim Heritage Edelspatz
Noble Late Harvest

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Ingredients & Prep

250g	Butternut <i>de-seeded, peeled (optional) & cut into half-moons</i>
4g	Fresh Rosemary <i>rinsed</i>
10ml	Maple Syrup
100g	Cabbage <i>roughly chopped</i>
30ml	Crème Fraîche
1	Lemon <i>zested & cut into wedges</i>
10g	Hazelnuts <i>roughly chopped</i>
150g	Free-range Beef Schnitzel (without crumb)
5ml	NOMU Provençal Rub
30g	Parmalat's Cinnamon & Honey Butter
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

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

2. ROAST CABBAGE When the butternut has been in the oven for 10 minutes, spread the chopped cabbage on a separate roasting tray. Coat in oil and season. Roast in the hot oven for the remaining time.

3. CREME FRAICHE In a small bowl, combine the crème fraîche, the lemon zest (to taste), and seasoning. Set aside.

4. GOLDEN HAZELNUTS Place the chopped hazelnuts in a pan over a medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. BUTTERY SCHNITZEL 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 browned, 30-60 seconds per side. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan and season.

6. NUTTY SALAD Remove the butternut from the oven and toss with Parmalat's Cinnamon & Honey Butter. In a salad bowl, toss together the rinsed green leaves, the roasted butternut, the toasted hazelnuts, and a squeeze of lemon juice.

7. PLATE UP Plate up the seared schnitzel and serve with the lemony crème fraîche for dunking. Side with the loaded butternut salad and roasted cabbage. Serve with any remaining lemon wedges. Enjoy, Chef!



Chef's Tip

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

Nutritional Information

Per 100g

Energy	500kj
Energy	119kcal
Protein	6.7g
Carbs	8g
of which sugars	3.5g
Fibre	1.7g
Fat	7.1g
of which saturated	3.5g
Sodium	72mg

Allergens

Dairy, Tree Nuts

Cook
within
4 Days