



## *Cauliflower with Brown Butter, Pears, Sage & Hazelnuts*

Preparation Time: 10 mins

Cooking Time: 10 mins

Serves: 4

Difficulty: Easy

### INGREDIENTS

3 oz/6 tablespoons butter  
1 med head of cauliflower cut into florets about  $\frac{3}{4}$  inch wide  
 $\frac{1}{2}$  cup toasted, skinned, and chopped hazelnuts (see tip)  
8 fresh sage leaves thinly sliced crosswise  
2 ripe firm pears cored and thinly sliced  
2 tblps fresh flat leaf parsley  
Salt & fresh ground pepper

### DIRECTIONS

1. In a pan over medium heat melt the butter until light brown and bubbly.
2. Add cauliflower, hazelnuts, and sage, cooking for 2 minutes, stirring occasionally.
3. Season with 1 teaspoon of salt and  $\frac{1}{2}$  teaspoon of pepper. Continue cooking, stirring occasionally until the cauliflower is browned, and crisp and tender, approximately 6-7 minutes.
4. Remove from heat, add pear slices and parsley. Gently toss to combine.

#### **Note:**

- If you are looking for simpler nut preparation, hazelnuts can be switched out for another nut (pecans, pinenuts, walnuts are best).
- If using hazelnuts with a skin, to remove, spread hazelnuts on baking tray in a single layer. Bake at 350f/180c for 14-18 mins, stirring every 5 mins until lightly browned. While still warm, rub them against each other in a clean dishtowel to remove skins.

### PAIRING SUGGESTIONS

Meats      Chicken, Beef, Lamb, Roast Turkey

Other Sides      Roasted Butternut Squash, Pan Roasted Brussel Sprouts/French Beans with Caramelized Shallots, Garlic Mashed Potatoes