

# UCOOK

## Roast Veg Medley & Pork Fillet

with kalamata olives & red pepper pesto cottage cheese

The perfect plate, Chef! A mouthwatering medley of beetroot & carrot are served with a crunchy almond, olive & fresh greens salad, tossed with zesty lemon juice. Completing the plate is a succulent piece of pork fillet, dolloped with cottage cheese infused with Pesto Princess Red Pepper Pesto.

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**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Megan Bure

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\*New Calorie Conscious

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## Ingredients & Prep

150g	Beetroot <i>rinse, trim &amp; cut into bite-sized pieces</i>
240g	Carrot <i>rinse, trim, peel &amp; cut into wedges</i>
10g	Almonds <i>roughly chop</i>
30ml	Low Fat Cottage Cheese
10ml	Pesto Princess Red Pepper Pesto
150g	Pork Fillet
20g	Salad Leaves <i>rinse &amp; roughly shred</i>
10ml	Lemon Juice
20g	Pitted Kalamata Olives <i>drain &amp; roughly slice</i>

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the beetroot pieces and the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

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

**3. CREAMY PESTO** In a small bowl, combine the cottage cheese with the pesto. Loosen with water in 5ml increments until drizzling consistency and season.

**4. FILLET** Place a pan (that has a lid) over medium heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 3-4 minutes on one side. Flip, cover with the lid, and fry until cooked through, 3-4 minutes. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**5. SALAD** In a salad bowl, combine the shredded salad leaves, the lemon juice (to taste), the toasted almonds, the sliced olives, and season.

**6. DINNER IS READY** Plate up the roast, side with the pork fillet slices, and the fresh salad. Drizzle over the pesto-cottage cheese. Dig in, Chef!



## Chef's Tip

Air fryer method: Coat the beetroot pieces and the carrot wedges in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	321kJ
Energy	77kcal
Protein	7.1g
Carbs	6g
of which sugars	3g
Fibre	2g
Fat	2.2g
of which saturated	0.5g
Sodium	105.4mg

## Allergens

Cow's Milk, Allium, Sulphites, Tree Nuts

Eat  
Within  
2 Days