

QCOOK

Pork Fillet & Creamy Slaw

with roasted carrot & pepper

Hands-on Time: 25 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	258.2kJ	1952.2kJ
Energy	61.8kcal	467kcal
Protein	5.9g	44.7g
Carbs	6.8g	51.3g
of which sugars	3g	22.7g
Fibre	1.9g	14.3g
Fat	1.2g	8.9g
of which saturated	0.5g	3.5g
Sodium	66.2mg	500.4mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None



Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces on the diagonal</i>
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
5ml	10ml	Dried Oregano
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into thick strips</i>
75g	150g	Shredded Cabbage & Carrots
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
60ml	120ml	Dijon Yoghurt <i>(55ml [110ml] Greek Yoghurt & 5ml [10ml] Dijon Mustard)</i>
150g	300g	Pork Fillet
5ml	10ml	NOMU Spanish Rub

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Tinfoil

Paper Towel

Cooking Spray

1. ROAST Preheat the oven to 200°C. Spread the carrot and the onion on a roasting tray. Lightly spray with cooking spray until evenly coated, add oregano, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. GREEN PEPPER Lightly spray the pepper with cooking spray and season. When the roast has 10-12 minutes remaining, scatter over the pepper and roast for the remaining time until lightly charred.

3. CREAMY SLAW In a bowl, combine the slaw with spring onion whites, dijon yoghurt, seasoning, and set aside in the fridge.

4. PORK Place a pan over medium heat. Pat the pork dry with paper towel, coat with the NOMU rub, cooking spray, and seasoning. When hot, sear the pork until browned, 2-3 minutes (shifting occasionally). Remove from the pan, wrap in tinfoil, pop in the oven and roast until cooked through, 4-6 minutes. Remove from the oven and rest for 5 minutes before slicing.

5. DINNER IS READY Dish up the roast, side with the pork slices, and the creamy slaw. Garnish with the sprk onion greens and enjoy, Chef!

Chef's Tip Slice the pork across the grain and with a sharp knife so you don't mash the fibres and push juice out.