



QCOOK

Sun-dried Tomato Pesto Pork

with crispy chickpeas & cauliflower

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Creation Wines | Creation Sauvignon Blanc/Semillon

Nutritional Info	Per 100g	Per Portion
Energy	448kj	2952kj
Energy	107kcal	706kcal
Protein	8.1g	53.4g
Carbs	8g	52g
of which sugars	2.1g	14.1g
Fibre	2.4g	16.1g
Fat	3.8g	25.3g
of which saturated	1g	6.9g
Sodium	119mg	787mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
120g	240g	Chickpeas <i>drain & rinse</i>
1	1	Onion <i>peel, cut into wedges & separate the petals</i>
100g	200g	Cauliflower Florets <i>rinse & cut into bite-sized chunks</i>
5ml	10ml	Dried Oregano
80g	160g	Baby Tomatoes <i>rinse & halve</i>
20g	40g	Danish-style Feta <i>drain</i>
20ml	40ml	Pesto Princess Sun-dried Tomato Pesto
10ml	20ml	Red Wine Vinegar
150g	300g	Pork Fillet
10ml	20ml	NOMU One For All Rub

From Your Kitchen

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

1. VEGGIE MEDLEY Preheat the oven to 200°C. Spread the chickpeas, onion, and cauliflower on a roasting tray. Coat in oil, the oregano, and season. Roast in the hot oven until golden, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. MMMARINADE In a bowl, toss the tomatoes and feta with the pesto, vinegar and seasoning. Set aside.

3. NOMU-SPICED PORK When the roast has been in the oven for 12-15 minutes, pat the pork dry with paper towel, coat in oil, the NOMU rub and seasoning. Add over the roast and roast until cooked through. Remove from the oven and rest for 5 minutes before slicing.

4. WHAT A GREAT PLATE Dish up the roast veg, side with the pork slices, top with the marinated tomatoes and feta. Dig in, Chef!