



U C O O K

— COOKING MADE EASY

Pork Fillet & Creamy Mustard Sauce

with sweet potato wedges, roast cannellini beans & slivered almonds

Succulent pork and luxurious mustard sauce: a foodie dream team! Add a butter and NOMU rub basting, oven-caramelised sweet potato, a crunchy scattering of almonds, and a side of green salad, and you're A for away!

Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha Finnegan

 **Health Nut**

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into wedges</i>
60g	Cannellini Beans <i>drained & rinsed</i>
15g	Slivered Almonds
150g	Pork Fillet
5ml	NOMU Roast Rub
1	Garlic Clove <i>peeled & grated</i>
80ml	Mustard Sauce <i>(10ml Honey, 20ml Wholegrain Mustard & 50ml Greek Yoghurt)</i>
20g	Green Leaves <i>rinsed & gently shredded</i>
50g	Cucumber <i>sliced into thin half-moons</i>

From Your Kitchen

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

1. ROAST YOUR WEDGES Preheat the oven to 200°C. Place the sweet potato wedges on a roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 30-35 minutes until cooked through. Place the drained cannellini beans in a bowl with a drizzle of oil and some seasoning. Toss to coat and set aside.

2. TOASTY ALMOND SLIVERS Place a nonstick pan over a medium heat. When hot, toast the slivered almonds for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. POP IN THE BEANS When the roast reaches the halfway mark, give the wedges a shift and scatter over the cannellini beans. Return the tray to the oven for the remaining roasting time until the beans and wedges have crisped up.

4. JUICY PORK FILLET Pat the pork dry with some paper towel, coat in oil, and season. Return the pan to a medium-high heat. When hot, sear the pork for 3-4 minutes in total until browned but not cooked through. On completion, baste with a knob of butter and the Roast Rub. Transfer to a piece of tinfoil, pour in the pan juices, and close up tightly. Place on the tray amongst the wedges or pop on a separate roasting tray. Roast in the oven for 2-3 minutes until cooked through. Remove from the oven and open up the tinfoil. Set aside to rest for 5 minutes before thinly slicing, reserving the juices.

5. MUSTARD SAUCE & TOSSED SALAD Wipe down the pan and return it to a low-medium heat with another drizzle of oil. When hot, fry the grated garlic for 30-60 seconds until fragrant, shifting constantly. Stir in the mustard sauce and 1 tsp of water until combined. Gently simmer for 2-3 minutes until thickened, stirring occasionally. Remove from the heat on completion and season to taste. Place the shredded green leaves and cucumber half-moons in a bowl and toss through a drizzle of olive oil.

6. DINNER IS SERVED Plate up the crispy wedges and cannellini beans alongside the juicy pork slices and drizzle over any juices from the tinfoil to taste. Pour the creamy mustard sauce over the pork and serve the green salad on the side with sprinkles of slivered almonds. You're a natural, Chef!

Nutritional Information

Per 100g

Energy	459kJ
Energy	110Kcal
Protein	7.8g
Carbs	12g
of which sugars	4.5g
Fibre	2g
Fat	2.9g
of which saturated	3.6g
Sodium	143mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 2
Days