UCOOK

Pork Fillet & Roasted Beet Salad

with an apple & feta salad

Hands-on Time: 25 minutes

Overall Time: 50 minutes

Calorie Conscious: Serves 1 & 2

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	378kJ	2008kJ
Energy	90kcal	480kcal
Protein	7.8g	41.4g
Carbs	6g	30g
of which sugars	3g	16g
Fibre	1g	8g
Fat	3.5g	18.6g
of which saturated	1.1g	5.8g
Sodium	301mg	1596mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot *rinse, trim, peel (optional) & cut into bite-sized pieces*
150g	300g	Pork Fillet
2.5ml	5ml	Greek Seasoning
40g	80g	Salad Leaves *rinse & roughly shred*
1	1	Apple *rinse, peel, core & cut ½ [1] into bite-sized pieces*
20g	40g	Danish-style Feta
30ml	60ml	Honey Mustard Dressing

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water
Paper Towel

1. BEGIN WITH BEETS Set the air fryer to 200°C. Spread the beetroot in the air fryer basket. Lightly coat with cooking spray or oil (optional) and seasoning. Air fry until crispy, 20-25 minutes (shifting halfway). Alternatively, preheat the oven to 220°C, roast the beets until cooked through and lightly golden, 30-35 minutes (shifting halfway).

2. GREEK-SPICED PORK Place a pan (that has a lid) over medium heat with a drizzle of oil. Pat the pork dry with paper towel and lightly coat with cooking spray or oil (optional) and the Greek seasoning. When hot, sear the pork until browned, 2-3 minutes on all sides. Flip, cover with the lid, lower the heat to medium-low, and fry until cooked through, 8-12 minutes. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. FETA & APPLE SALAD To a salad bowl, add the salad leaves, apple, feta, the dressing, and seasoning.

4. SET THE TABLE Plate up the salad, top with the beets, and serve the pork slices on the side. Enjoy.

Chef's Tip The beetroot skin adds flavour and nutrients, but can be removed if you prefer. If you're leaving it on, remember to rinse it well!