



UCOOK

Grilled Pork Chops & Stone Fruit Salad

with butternut & fresh basil

A loaded salad of fresh green leaves, oven roasted butternut, charred stone fruit and tomato is tossed in a dijon dressing. Sided with tender & buttery pork chops and garnished with fresh basil. Summer on a plate!


Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Kate Gomba

 Carb Conscious

 Alvi's Drift | 221 Chenin Blanc

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Ingredients & Prep

| | |
|-------|---|
| 1kg | Butternut <i>de-seeded, peeled (optional) & cut into bite-sized pieces</i> |
| 2 | Stone Fruits <i>pip removed & cut into wedges</i> |
| 100ml | Dressing <i>(60ml Dijon Mustard & 40ml Red Wine Vinegar)</i> |
| 880g | Pork Loin Chops |
| 2 | Tomatoes <i>rinsed & cut into thin wedges</i> |
| 200g | Cucumber <i>rinsed & cut into half-moons</i> |
| 80g | Green Leaves <i>rinsed & roughly shredded</i> |
| 10g | Fresh Basil <i>rinsed, picked & roughly torn</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. ROAST BUTTERNUT Preheat the oven to 200°C. Spread the butternut pieces on a roasting tray. Coat in oil and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. GRILL THE FRUIT Place a pan or griddle pan over high heat. When hot, add the stone fruit wedges and fry until charred, 1-2 minutes. In a salad bowl, mix the dressing, a sweetener, a drizzle of olive oil, and seasoning. Add the grilled stone fruit and set aside.

3. PORK CHOPS Pat the pork chops dry with paper towel. Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat to prevent the meat from buckling during frying. Coat in oil and season. Return the pan to medium-high heat. When hot, sear the pork chops, fat-side down, until the fat is rendered and crispy, 3-5 minutes. Then, fry until cooked through, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter.

4. JUST BEFORE SERVING To the bowl with the stone fruit, add the tomato wedges, the cucumber half-moons, the roasted butternut, and the shredded leaves, and toss to combine.

5. TIME TO EAT Make a bed of the loaded salad, side with the pork chops, and garnish with the torn basil. Well done, Chef!



Chef's Tip

Air fryer method: Coat the butternut pieces in oil and seasoning. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

| | |
|--------------------|--------|
| Energy | 411kJ |
| Energy | 98kcal |
| Protein | 5.9g |
| Carbs | 6g |
| of which sugars | 2.6g |
| Fibre | 1.2g |
| Fat | 5.6g |
| of which saturated | 1.8g |
| Sodium | 74mg |

Allergens

Dairy, Sulphites

Cook
within 2
Days