

UCCOOK

Herbed Pork Fillet & Roasted Carrots

with a homemade yoghurt dressing

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Calorie Conscious: Serves 1 & 2

Chef: Jemimah Smith

Nutritional Info

	Per 100g	Per Portion
Energy	290kj	2051kj
Energy	69kcal	491kcal
Protein	6.4g	45.3g
Carbs	8g	55g
of which sugars	3g	20g
Fibre	2g	15g
Fat	1.1g	8g
of which saturated	0.4g	2.6g
Sodium	76mg	537mg

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</i>
1	1	Onion <i>peel & cut ½ [1] into wedges</i>
7,5ml	15ml	NOMU Roast Rub
30ml	60ml	Low Fat Plain Yoghurt
3g	5g	Fresh Parsley <i>rinse & roughly chop</i>
10ml	20ml	Lemon Juice
60g	120g	Chickpeas <i>drain & rinse</i>
1	1	Bell Pepper <i>rinse, deseed & cut into strips</i>
150g	300g	Pork Fillet

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray

1. NOMU-SPICED VEGGIE MEDLEY Preheat the oven to 200°C. Spread the carrot and onion on a roasting tray. Coat in cooking spray, ½ the NOMU rub and seasoning. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. ZESTY DRESSING In a bowl, combine the yoghurt, ½ the parsley, and the lemon juice (to taste). Season and set aside.

3. CHICKPEAS & BELL PEPPER When the roasting veg has 15-20 minutes remaining, scatter over the chickpeas and the pepper, and roast for the remaining time.

4. PERFECT PORK Place a pan (that has a lid) over medium heat. Pat the pork dry with paper towel and lightly coat with cooking spray and the NOMU rub. When hot, sear the pork until browned, 4-5 minutes on one side. Flip, cover with the lid, lower the heat, and fry until cooked through, 6-8 minutes. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. A GREAT PLATE Plate up the roast veg and top with a drizzle of the herbed yoghurt (to taste). Side the roast veg with the pork and any remaining pan juices.