



UCOOK

Pork Tenderloin & Roasted Garlic Sauce

with a sun-dried tomato salad & roasted baby potatoes

Tender, succulent pork fillet seasoned with a NOMU Roast Rub, seared to golden perfection and drizzled in a honey-garlic sauce. Sided with a fresh salad and roasted baby potatoes, this dish truly is effortlessly tasty!


Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Megan Bure

 Fan Faves

 Leopard's Leap | Culinaria Pinot Noir Chardonnay

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

Ingredients & Prep

800g	Baby Potatoes <i>halved</i>
8	Garlic Cloves
600g	Pork Fillet
40ml	NOMU Roast Rub
120ml	Basting Sauce <i>(20ml Apple Cider Vinegar, 40ml Low Sodium Soy Sauce & 60ml Honey)</i>
80g	Salad Leaves <i>rinsed</i>
400g	Cucumber <i>finely diced</i>
100g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
20ml	Smoked Paprika
15g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. ROASTY TOASTY Preheat the oven to 200°C. Spread out the halved baby potatoes on a roasting tray in a single layer. Coat in oil and seasoning. Roast in the hot oven for 30-35 minutes until crispy on the outside and soft on the inside, shifting halfway. In the final 10 minutes, add the whole, unpeeled garlic cloves to the tray and return to the oven for the remaining roasting time.

2. GOLDEN DELICIOUS Place a nonstick pan over medium-high heat. Pat the pork fillets dry with paper towel, coat in oil, and season. When the pan is hot, sear the pork for 5-6 minutes or until cooked through, shifting and turning as it colours. In the final minute, baste the pork with the rub and the basting sauce. Remove the pork from the pan (reserving the basting juices in the pan) and place in a piece of tinfoil. Close up tightly and allow to rest for 5 minutes before thinly slicing.

3. IT'S A TOSS UP In a salad bowl, combine the rinsed salad leaves, the diced cucumber, the chopped sun-dried tomatoes, a drizzle of oil, and seasoning. Set aside for serving.

4. CHOP CHOP When the roast is done, squeeze out the flesh from the roasted garlic cloves and discard the skin. Roughly chop the flesh and set aside.

5. TIME TO GET SAUCY Return the pan, with the basting juices, to a medium-high heat with 80g of butter. Add the paprika and chopped garlic. Leave to simmer for 2-3 minutes until reduced and thickened. Season to taste.

6. EAT IT UP! Dish up the roasted baby potatoes and side with the fresh salad. Lay down the juicy pork slices and drizzle over the roasted garlic sauce. Garnish with a sprinkling of the chopped parsley. Well done, Chef!

Nutritional Information

Per 100g

Energy	408kJ
Energy	98kcal
Protein	7.7g
Carbs	12g
of which sugars	5g
Fibre	1.4g
Fat	1.7g
of which saturated	0.5g
Sodium	2mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Soy

Cook
within 2
Days