UCOOK

Herb-crusted Pork Fillet & Mustard Sauce

with carrot purée, mushrooms & kale

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Tiisetso Maema

Wine Pairing: Strandveld | First Sighting Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	420kJ	2331kJ
Energy	100kcal	558kcal
Protein	8.2g	45.6g
Carbs	5g	28g
of which sugars	2.1g	11.9g
Fibre	1.9g	10.3g
Fat	5.2g	28.7g
of which saturated	2.4g	13.5g
Sodium	201mg	1118mg

Allergens: Sulphites, Egg, Cow's Milk, Alcohol, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
120g	240g	Carrot *rinse, trim, peel & cut into bite-sized pieces*
50ml	100ml	Fresh Cream
6g	10g	Mixed Herbs *rinse, pick & finely chop*
15ml	30ml	Grated Italian-style Hard Cheese
150g	300g	Pork Fillet
15ml	30ml	Wholegrain Mustard
100g	200g	Kale *rinse & roughly shred*
65g	125g	Button Mushrooms *wipe clean & roughly slice*
1	1	Garlic Clove *peel & grate*
15ml	30ml	White Wine
1	1	Chicken Stock Sachet

From Your Kitchen

Seasoning (salt & pepper)
Water
Paper Towel
Blender
Butter
Oil (cooking, olive or coconut)

1. ROASTED CARROT Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Once roasted, add the carrots, ¼ of the cream, 20ml [40ml] of water, and a knob of butter into the blender. Blend until smooth, remove from the blender, and season.

2. HERB-CRUSTED PORK In a bowl, combine the herbs and cheese, season, and set aside. Place a pan over medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 3-4 minutes (turning as it colours). Remove from the pan, brush the pork with ¼ of the mustard before rolling the pork in the herb mixture, and pop in the hot oven. Roast for 5-6 minutes until cooked through. Remove from the oven and rest for 3-5 minutes before slicing and seasoning.

3. MMMUSHROOMS Return the pan over medium-high heat with a drizzle of oil. When hot, fry the mushrooms until golden, 5-6 minutes (shifting occasionally). Remove from the pan and season.

4. VEGGIE MEDLEY Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened. Place a pan over medium heat. When hot, fry the kale until slightly wilted, 2-3 minutes. Return the mushrooms to the pan to heat through. Remove from the pan and cover.

5. MUSTARD SAUCE Return the pan to medium heat with a drizzle of oil and a knob of butter. When hot, fry the garlic until fragrant for 1-2 minutes. Deglaze the pan with white wine, and reduce for 20-30 seconds. Add in the remaining mustard, ½ [1] chicken stock with 50ml [100ml] of water and the remaining cream. Allow this to reduce until the sauce thickens, 3-4 minutes. Remove from the pan.

6. WHAT A GREAT PLATE Plate up the carrot purée and top with the sliced pork fillet. Place your mushrooms and kale alongside the pork fillet, and the mustard sauce on the side. Well done, Chef!