



UCCOOK

Herbed Pork Fillet & Roasted Carrots

with a fresh yoghurt dressing

Hands-on Time: 35 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 3 & 4

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	75.8mg	537.2mg

Allergens: Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	2	Onions <i>peel & cut 1½ [2] into wedges</i>
22,5ml	30ml	NOMU Roast Rub
90ml	120ml	Low Fat Plain Yoghurt
8g	10g	Fresh Parsley <i>rinse & roughly chop</i>
30ml	40ml	Lemon Juice
180g	240g	Chickpeas <i>drain & rinse</i>
2	2	Bell Peppers <i>rinse, deseed & cut into strips</i>
450g	600g	Pork Fillet

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

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, 35-40 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 with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 3-4 minutes on one side. Flip, cover with the lid, lower the heat, and fry until cooked through, 6-8 minutes. During the final 1-2 minutes, spice with the remaining NOMU rub. 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.