



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: 30 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Kate Gomba

 Carb Conscious

 Alvi's Drift | 221 Chenin Blanc

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Ingredients & Prep

500g	Butternut <i>de-seeded, peeled (optional) & cut into bite-sized pieces</i>
1	Stone Fruit <i>pip removed & cut into wedges</i>
50ml	Dressing <i>(30ml Dijon Mustard & 20ml Red Wine Vinegar)</i>
440g	Pork Loin Chops
1	Tomato <i>rinsed & cut into thin wedges</i>
100g	Cucumber <i>rinsed & cut into half-moons</i>
40g	Green Leaves <i>rinsed & roughly shredded</i>
5g	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, 25-30 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