



UCCOOK

Blue Cheese Sauce & Pork

with roasted beetroot & fresh parsley

Hands-on Time: 10 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Estate Soet Hanepoot

Nutritional Info

	Per 100g	Per Portion
Energy	461kJ	2645kJ
Energy	110kcal	633kcal
Protein	7.8g	44.7g
Carbs	4g	23g
of which sugars	1.3g	7.5g
Fibre	1.4g	7.9g
Fat	6.5g	37g
of which saturated	3.2g	18.2g
Sodium	185mg	1063mg

Allergens: Tree Nuts, Cow's Milk, Allium

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1

[Serves 2]

200g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
10g	20g	Walnuts <i>roughly chop</i>
150g	300g	Pork Rump
10ml	20ml	NOMU Roast Rub
1	1	Tomato <i>rinse & roughly dice</i>
20g	40g	Salad Leaves <i>rinse & shred</i>
60ml	120ml	Fresh Cream
20g	40g	Blue Cheese
3g	5g	Fresh Parsley <i>rinse & pick</i>

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. ROAST BEETROOT Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. TOAST THE NUTS Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. SIZZLING PORK Return the pan to medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. Sear the pork, fat-side down, until crispy, 3-5 minutes. Flip the pork onto its side and sear until browned, 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

4. LOADED BEET When the beetroot is done, place in a bowl. Add the tomato, the salad leaves, and seasoning. Mix until combined.

5. BLUE CHEESE SAUCE Return the pan to medium-low heat. Add the cream and simmer until slightly reduced, 2-3 minutes. Add the blue cheese and stir until the cheese has melted, 1-3 minutes. Season.

6. DINNER IS SERVED Plate up the loaded roasted beetroot. Side with the pork slices and pour over the dreamy blue cheese sauce. Sprinkle over the parsley and garnish with the walnuts. Well done, Chef!