

# UCOOK

## Herby Pork & Waldorf Salad

with beetroot & fresh parsley

A crunchy, creamy and completely delicious salad awaits you! It is packed with fresh green leaves, walnuts, creamy blue cheese and crisp thin apple wedges. It is coated in a lush coconut yoghurt & Dijon mustard dressing, and is topped with the most tender parsley-coated pork fillet slices you could ever imagine. Yum!

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**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes


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**Serves:** 3 People

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**Chef:** Sarah Hewitt

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 Carb Conscious

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 Boschendal | Rose Garden Rosé

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## Ingredients & Prep

600g	Beetroot <i>trimmed, peeled (optional) &amp; cut into bite-sized chunks</i>
30g	Walnuts <i>roughly chopped</i>
450g	Pork Fillet
12g	Fresh Parsley <i>rinsed, picked &amp; roughly chopped</i>
85ml	Coconut Yoghurt
30ml	Dijon Mustard
2	Lemons <i>1½ cut into wedges</i>
60g	Green Leaves <i>rinsed &amp; gently shredded</i>
2	Apples <i>rinsed &amp; 1½ sliced into thin wedges</i>
150g	Blue Cheese <i>crumbled</i>

## From Your Kitchen

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

**1. TO THE BEET** Preheat the oven to 200°C. Place the beetroot chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 35-40 minutes until cooked through and becoming crispy, shifting halfway.

**2. TOASTY NUTS** Place a nonstick pan over a medium-high heat with the chopped walnuts. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion.

**3. PERFECT PORK** Return the pan to a medium heat. Pat the pork fillets dry with some paper towel. Coat in oil, and season to taste. When the pan is hot, sear the pork for 7-10 minutes or until cooked through, shifting and turning as it colours. On completion, it should be browned all over and cooked through. Remove from the pan and set aside to rest for 5 minutes.

**4. PARSLEY PARTY** Spread out the chopped parsley on a plate or shallow dish. Once the fillets have rested, roll the fillets through the chopped parsley until well coated. Slice and season.

**5. DRESSED TO IMPRESS** In a bowl (large enough for the salad), combine the coconut yoghurt, the mustard, a squeeze of lemon juice (to taste), and some seasoning. Mix until fully combined. Add the shredded green leaves, the apple wedges, the crumbled blue cheese, seasoning, and the toasted walnuts. Toss until fully coated.

**6. WELCOME TO THE WALDORF!** Serve up a generous helping of the creamy crunchy salad. Top with the herby pork slices and the roasted beetroot. Serve any remaining lemon wedges on the side. Enjoy, Chef!



## Chef's Tip

Apples brown quickly when exposed to fresh air. This is called oxidation. When preparing your apples, squeeze over some lemon juice to prevent this from happening.

## Nutritional Information

Per 100g

Energy	397kJ
Energy	95Kcal
Protein	7.8g
Carbs	6g
of which sugars	3.1g
Fibre	1.8g
Fat	4.1g
of which saturated	1.8g
Sodium	4mg

## Allergens

Dairy, Sulphites, Tree Nuts

Cook  
within 2  
Days