

Eat Within 2 Days

QCOOK

Pork Rump & Creamy Slaw

with roasted carrot & pepper

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	244kJ	1767kJ
Energy	58kcal	423kcal
Protein	5.9g	42.5g
Carbs	6g	45g
of which sugars	3g	21g
Fibre	2g	11g
Fat	0.9g	6.8g
of which saturated	0.4g	3g
Sodium	29.9mg	216.7mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot *rinse, trim, peel & cut into bite-sized pieces on the diagonal*
2	2	Onions *peel & cut 1½ [2] into wedges*
15ml	20ml	Dried Oregano
2	2	Bell Peppers *rinse, deseed & cut 1½ [2] into thick strips*
225g	300g	Shredded Cabbage & Carrots
2	2	Spring Onions *rinse, trim & finely slice, keeping the white & green parts separate*
180ml	240ml	Dijon Yoghurt *(165ml [220ml] Greek Yoghurt & 15ml [20ml] Dijon Mustard)*
450g	600g	Pork Rump
15ml	20ml	NOMU Spanish Rub

From Your Kitchen

Seasoning (salt & pepper)
Paper Towel
Water
Cooking Spray (or oil of your choice)

1. ROAST Preheat the oven to 200°C. Spread the carrot and the onion on a roasting tray. Lightly spray with cooking spray (or oil of your choice) until evenly coated, add oregano, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. GREEN PEPPER Lightly spray the pepper with cooking spray and season. When the roast has 12-15 minutes remaining, scatter over the pepper and roast for the remaining time until lightly charred.

3. CREAMY SLAW In a bowl, combine the slaw with spring onion whites, dijon yoghurt, seasoning, and set aside in the fridge.

4. PORK Place a pan over medium-high heat. Pat the pork dry with paper towel and lightly coat with cooking spray or oil (optional) and the NOMU rub. When hot, 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. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

5. DINNER IS READY Dish up the roast, side with the pork slices, and the creamy slaw. Garnish with the spring onion greens and enjoy, Chef!

Chef's Tip Slice the pork across the grain and with a sharp knife so you don't break up the fibres and push juice out.