

QCOOK

Beetroot Purée & Pork Fillet

with an artichoke side salad

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jenna Peoples

Wine Pairing: Groote Post Winery | Groote Post-Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	425kj	2145kj
Energy	102kcal	513kcal
Protein	9.7g	49g
Carbs	6g	29g
of which sugars	1.1g	5.7g
Fibre	2.1g	10.4g
Fat	3.9g	19.9g
of which saturated	1.8g	9.1g
Sodium	319mg	1613mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Spice Level: None

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Beetroot <i>rinse, peel & cut into bite-sized chunks</i>
40g	80g	Danish-style Feta <i>drain</i>
3g	5g	Fresh Mint <i>rinse & roughly chop</i>
60g	120g	Butter Beans <i>drain & rinse</i>
5g	10g	Almonds
150g	300g	Pork Fillet
10ml	20ml	NOMU Italian Rub
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
50g	100g	Artichoke Quarters <i>drain & roughly chop</i>
20g	40g	Pickled Onions <i>drain & cut into thin rounds</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Blender
Butter (optional)
Tinfoil
Paper Towel

1. BLEND THE BEETS Place the beetroot in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and place the beetroot in a blender, along with the feta, the mint and the butter beans and blend until smooth. Loosen with water until desired consistency. Season and cover.

2. CRUNCH FACTOR Place the almonds in a pan (that has a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. NOMU-SPICED PORK Return the pan to medium heat with a drizzle of olive oil. Pat the pork dry with paper towel. 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, baste the pork with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. FIVE-STAR MEAL Plate up the salad leaves, topped with the artichoke, the pickled onion and the almonds. Dress with a drizzle of olive oil (optional). Side the salad with a smear of the butter bean and beet purée, topped with the pork slices. Dig in, Chef!