

Eat Within 2 Days

Pork Fillet, Minty Peas & Artichokes

with roasted beetroot

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	351kJ	2079kJ
Energy	84kcal	498kcal
Protein	8.9g	52.5g
Carbs	6g	35g
of which sugars	2g	11g
Fibre	2g	14g
Fat	2.2g	12.8g
of which saturated	1g	6.1g
Sodium	134mg	796mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot *rinse, trim, peel (optional) & cut into bite-sized pieces*
100g	200g	Peas
1	1	Garlic Clove *peel & roughly chop*
3g	5g	Fresh Mint *rinse*
40ml	80ml	Low Fat Cottage Cheese
50g	100g	Artichoke Quarters *drain & roughly chop*
20g	40g	Salad Leaves *rinse & roughly shred*
20g	40g	Danish-style Feta *drain*
150g	300g	Pork Fillet

From Your Kitchen

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

1. BEGIN THE BEETROOT Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Lightly coat with cooking spray. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

2. MINT SAUCE Place a pan over medium heat and lightly coat with cooking spray. When hot, add the peas and the garlic, and fry until fragrant, 2-3 minutes (shifting constantly). Remove from the heat and add to a blender with the mint and cottage cheese. Season and pulse until a smooth purée. Add water in 10ml increments if it's too thick for your liking. Cover and set aside.

3. ARTICHOKE SALAD Place the artichokes and leaves into a salad bowl. Toss with the feta and seasoning. Set aside.

4. PERFECT PORK Place a pan (that has a lid) over medium heat. Pat the pork dry with paper towel and lightly coat with cooking spray. When hot, 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. AMAZING WORK, CHEF! Smear the minty pea purée on one side of the plate and top with the pork slices. Serve the roasted beetroot and the dressed salad alongside.