



UCCOOK

Summer Stone Fruit Salad & Pork Fillet

with green beans & gorgonzola cheese

Don't limit fruit to breakfast and snacks, Chef! We show you how to make a surprising salad featuring stone fruit, with cucumber rounds, fresh greens, sharp radish, & crumbly gorgonzola. This brings out the best in the seared pork fillet, spiced with NOMU Provençal Rub. Garnished with peppery fresh basil.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Samantha du Toit

*New Calorie Conscious

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Ingredients & Prep

100g	Green Beans <i>rinse & trim</i>
1	Stone Fruit <i>rinse & cut ½ into wedges, discarding the pip</i>
50g	Cucumber <i>rinse & cut into rounds</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
20g	Radish <i>rinse & slice into thin rounds</i>
30g	Gorgonzola Cheese <i>crumble</i>
150g	Pork Fillet
5ml	NOMU Provençal Rub
3g	Fresh Basil <i>rinse, pick & roughly tear</i>

From Your Kitchen

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

1. GO-GO GREEN BEANS Place a pan (that has a lid) over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

2. SPECIAL SALAD Place the stone fruit wedges into a salad bowl. Add the cucumber rounds, the shredded leaves, the radish rounds, the charred green beans, a drizzle of olive oil, seasoning, and crumble in the gorgonzola cheese. Set aside.

3. PERFECT PORK Return the pan to medium heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 3-4 minutes (shifting as it colours). Flip, cover with the lid, and fry until cooked through, 5-6 minutes. During the final 1-2 minutes, baste the pork with the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. DINNER WITH A DIFFERENCE Plate up the fresh dressed salad and serve the sliced pork alongside. Garnish with the torn basil.

Nutritional Information

Per 100g

Energy	346kj
Energy	83kcal
Protein	9.3g
Carbs	4g
of which sugars	3g
Fibre	1g
Fat	3g
of which saturated	1.6g
Sodium	112.9mg

Allergens

Cow's Milk

Eat
Within
2 Days