



U C O O K

— COOKING MADE EASY

The Perfect Pork Roast

with roast butternut and carrot wedges & chimichurri

Sizzling pork fillet, vibrant roast veg, splashes of chimichurri, and a crisp salad ribboned with shavings of hard cheese. Put on your Sunday best, take a seat, and indulge in this wholesome, nostalgic gem.

Hands-On Time: 30 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

 **Health Nut**

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Ingredients & Prep

250g	Butternut Chunks <i>cut into bite-size pieces</i>
120g	Carrot <i>peeled & cut into wedges</i>
10g	Pumpkin Seeds
150g	Pork Fillet
20g	Salad Leaves <i>rinsed</i>
20g	Radish <i>rinsed & thinly sliced into rounds</i>
20g	Italian-Style Hard Cheese <i>peeled into thin shavings</i>
15ml	Pesto Princess Chimichurri

From Your Kitchen

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

1. BRIGHT AMBER VEGGIES Preheat the oven to 200°C. Place the butternut pieces and carrot wedges on a roasting tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp, shifting halfway.

2. TOASTY SEEDS Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

3. PERFECT PORK FILLET When the veggies reach the halfway mark, return the pan to a medium-high heat. Pat the pork dry with some paper towel, coat in oil, and season. When the pan is hot, sear the pork for 4-6 minutes, shifting and turning as it colours. On completion, it should be browned all over and cooked through to your preference. Remove from the pan and allow to rest for 5 minutes before thinly slicing, reserving the juices from the pan for serving.

4. TOSS THE SALAD & GET THE SAUCE READY Place the rinsed salad leaves, sliced radish, and hard cheese shavings in a bowl. Toss together with a drizzle of olive oil and some seasoning. Loosen the chimichurri with 1 tsp of olive oil.

5. PILE UP A PLATE! Dish up the sliced pork fillet and pour over the reserved meat juices to taste. Side with the roast butternut and carrot wedges and the fresh salad. Scatter over the toasted pumpkin seeds and serve with the chimichurri on the side. Nice work, Chef!



Chef's Tip

Pumpkin seeds are rich in antioxidants, as well as vitamins and minerals like zinc, magnesium, and B-vitamins. Magnesium is a calming mineral, whilst zinc affects memory and cognition. Toast your pumpkin seeds with or without oil as a salad sprinkle – or even a delicious nutty snack!

Nutritional Information

Per 100g

Energy	383kj
Energy	94Kcal
Protein	7.8g
Carbs	7g
of which sugars	2.2g
Fibre	1.7g
Fat	2.8g
of which saturated	0.9g
Sodium	66mg

Allergens

Egg, Dairy, Allium

Cook
within 2
Days