

UCCOOK

Roast Veg Medley & Pork Fillet

with kalamata olives & red pepper pesto cottage cheese

Hands-on Time: 25 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	318kJ	2031kJ
Energy	76kcal	486kcal
Protein	7g	44.6g
Carbs	6g	39g
of which sugars	3g	16g
Fibre	2g	13g
Fat	2.2g	14.2g
of which saturated	0.5g	3.2g
Sodium	104.3mg	666.8mg

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, trim & cut into bite-sized pieces</i>
240g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
10g	20g	Almonds <i>roughly chop</i>
30ml	60ml	Low Fat Cottage Cheese
10ml	20ml	Pesto Princess Red Pepper Pesto
150g	300g	Pork Fillet
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
10ml	20ml	Lemon Juice
20g	40g	Pitted Kalamata Olives <i>drain & roughly slice</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. ROAST Preheat the oven to 200°C. Spread the beetroot and the carrots on a roasting tray. Lightly coat in cooking spray and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

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

3. CREAMY PESTO In a small bowl, combine the cottage cheese with the pesto. Loosen with water in 5ml increments until drizzling consistency and season.

4. FILLET Place a pan (that has a lid) over medium heat and lightly add cooking spray. Pat the pork dry with paper towel. 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. SALAD In a salad bowl, combine the salad leaves, the lemon juice (to taste), the almonds, the olives, and season.

6. DINNER IS READY Plate up the roast, side with the pork fillet slices, and the fresh salad. Drizzle over the pesto-cottage cheese. Dig in, Chef!