



U C O O K

— COOKING MADE EASY

SUNDAY PORK ROAST

with roast butternut and carrot wedges
& chimichurri

Sizzling pork fillet, vibrant roast veg, splashes of chimichurri, and a crisp salad with shavings of Italian-style hard cheese. Put on your Sunday best, relax, and indulge in this nostalgic gem.

Prep + Active Time: 20 minutes

Total Cooking Time: 45 minutes

 **Serves:** 2 people

 **Chef:** Kate Gomba

 **Health Nut**

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Ingredients

240 g	Carrots <i>peeled & cut into long wedges</i>
500 g	Butternut Chunks <i>cut into bite-size pieces</i>
20 g	Pumpkin Seeds
300 g	Pork Fillet
40 g	Green Leaves <i>rinsed</i>
40 g	Italian Style Hard Cheese <i>peeled into thin shavings</i>
40 g	Radish <i>rinsed & thinly sliced into rounds</i>
30 ml	Pesto Princess Chimichurri

From Your Kitchen

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



CHEF'S TIP

Butternut has high levels of vitamin C, Vitamin E and Beta-carotene, all antioxidants that prevent or slow cell damage and reduce inflammation.

1. BEFORE YOU GET GOING

Read through the whole recipe. Remember, the prep instructions are now displayed in the ingredient list, directly under the item they apply to. So, you have the option to do all your prep at once before you start cooking, or bit by bit as you go through the recipe!

2. ROAST THE VEG

Preheat the oven to 200°C. Spread out the butternut pieces and carrot wedges on a roasting tray. Coat in oil and seasoning. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp, shifting halfway.

3. TOASTY PUMPKIN SEEDS

Place a pan (large enough for the pork fillet) over a medium heat. When hot, toast the pumpkin seeds for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

4. JUICY PORK

When the veggies are about halfway, 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 in total, shifting and turning as it colours. On completion, it should be browned all over but not cooked through. Remove from the pan and wrap in tinfoil. Place in the oven and roast for 7-9 minutes until cooked through. Remove from the oven and allow it to rest inside the tinfoil for 5 minutes before thinly slicing.

5. SALAD & SAUCE

Place the rinsed green leaves, sliced radish, and Italian-style cheese shavings in a bowl. Toss together with a drizzle of olive oil and season to taste. Loosen the chimichurri with 10ml of olive oil.

6. PILE UP A PLATE!

Dish up the roast butternut and carrot wedges, and sliced pork fillet, and serve alongside the fresh garden salad. Scatter over the pumpkin seeds and serve with the chimichurri on the side. Nice work, Chef!

Nutritional Information

Per 100 g

Energy (kJ)	415
Energy (kcal)	102
Protein	7
Carbs	10
of which sugars	3
Fibre	1
Fat	2
of which saturated	0
Salt	0

Cook within: 2 days

Allergens: Egg Dairy Allium



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Classic Cooking



<700 cal / serving