

UCCOOK

Sweet Chilli Pork Medallions

with roasted sweet potato & crispy kale

Hands-on Time: 35 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	391kj	2029kj
Energy	93kcal	484kcal
Protein	7.9g	40.7g
Carbs	9g	46g
of which sugars	3g	17g
Fibre	2g	9g
Fat	2.3g	12.2g
of which saturated	1g	5g
Sodium	122.3mg	634.2mg

Allergens: Cow's Milk, Allium, Sulphites, Sugar Alcohol (Sweetener)

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3

[Serves 4]

750g	1kg	Sweet Potato Chunks <i>cut into small bite-sized pieces</i>
150g	200g	Kale <i>rinse & roughly shred</i>
90ml	120ml	Carb Smart Sweet Chilli Sauce
450g	600g	Pork Fillet
22,5ml	30ml	Spicy Rub <i>(15ml [20ml] NOMU BBQ Rub & 7,5ml [10ml] Dried Chilli Fllakes)</i>
90ml	120ml	Sour Cream
8g	10g	Fresh Parsley <i>rinse, pick & finely chop</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

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

2. KALE In a bowl, lightly spray the kale with cooking spray and season. Massage with your hands until coated. When the roast has 5-8 minutes to go, scatter the kale over and roast for the remaining time until crispy.

3. PORK MEDALLIONS In a small bowl, combine the sweet chilli sauce with 45ml [60ml] of water. Lightly spray the pan with cooking spray and place over medium heat. Pat the pork dry with paper towel, slice into 1cm thick rounds, and coat with the spicy rub. When hot, sear the pork until browned and cooked through, 2-3 minutes per side. In the final 1-2 minutes, baste with the sweet chilli sauce, and remove from the heat.

4. SOME PREP In a bowl, combine the sour cream and ½ of the parsley. Loosen with water in 5ml increments until drizzling consistency.

5. TIME TO EAT Plate up the roast, top with the pork medallions with all the pan juices. Drizzle over the herby sour cream and garnish with the remaining parsley. Dig in, Chef!