



UCOOK

Beet & Pork Salad

with crispy kale & walnuts

Some ingredients are just made for each other. Like pork and apple. Or pork and mustard. Or pork and walnuts. With this recipe, we thought - why just one and not all three? The mustard, toasted walnuts, & crisp apple slices are taste matches made in food heaven with these pork chops, which are balanced with earthy roasted beetroot & kale in this second-helping salad.


Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Megan Bure

 Carb Conscious

 Waterkloof | False Bay Cinsault / Mourvèdre Rosé

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Ingredients & Prep

800g	Beetroot <i>rinsed, trimmed, peeled (optional) & cut into bite-sized chunks</i>
200g	Kale <i>rinsed & roughly shredded</i>
40g	Walnuts
2	Apples
880g	Pork Loin Chop
30ml	NOMU Provençal Rub
60ml	Red Wine Vinegar
40ml	Wholegrain Mustard

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter (optional)
Sugar/Sweetener/Honey

1. CAN'T BEET THIS TASTE Preheat the oven to 200°C. Place the beetroot chunks on a roasting tray. Coat in oil and season. Roast in the hot oven for 35-40 minutes until cooked through and browned. Place the shredded kale on a second roasting tray with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. Set aside.

2. NUTS ABOUT WALNUTS Place the walnuts in a pan over medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and roughly chop.

3. GET DRESSED FOR DINNER When the beetroot has 10 minutes remaining, give the tray a shift. Pop in the tray of dressed kale and cook for the remaining time until crispy. Slice the apples into thin wedges and set aside.

4. CHOP-CHOP! Pat the pork chop dry with paper towel. Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat to prevent the meat from buckling during frying. Return the pan to a medium-high heat with a drizzle of oil. When hot, sear the chop, fat-side down, for 3-5 minutes until the fat is rendered and crispy. Then, fry for 3-4 minutes per side or until cooked through. In the final minute, baste with the rub and a knob of butter (optional).

5. NEARLY DONE In a small bowl, combine the vinegar, a drizzle of olive oil, a sweetener of choice (to taste), and seasoning.

6. PORK DISH PERFECTION Pile up the roasted kale and beetroot and top with the apple slices. Drizzle over the dressing and sprinkle over the chopped walnuts. Serve with the pork chop and a dollop of the mustard. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	351kJ
Energy	84kcal
Protein	8g
Carbs	6g
of which sugars	3.2g
Fibre	2.2g
Fat	2.6g
of which saturated	0.5g
Sodium	123mg

Allergens

Sulphites, Tree Nuts

Cook
within
4 Days