



# UCOOK

## Chutney Pork & Roasted Baby Potatoes

with a carrot & tomato salad

Few things go together as well as pork & chutney! This dish features pan-fried pork fillet basted in butter & chutney, served alongside hearty oven-roasted baby potatoes and a zingy carrot & tomato salad.

---

**Hands-on Time:** 15 minutes

**Overall Time:** 35 minutes

---

**Serves:** 1 Person

---

**Chef:** UCOOK

---

 Simple & Save

---

 Strandveld | First Sighting Rosé

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

250g	Baby Potato <i>rinsed &amp; halved</i>
10ml	Lemon Juice
120g	Carrot <i>rinsed, trimmed &amp; peeled into ribbons</i>
1	Tomato <i>rinsed &amp; roughly diced</i>
150g	Pork Fillet
30ml	Mrs Balls Chutney

## From Your Kitchen

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

**1. ROAST POTATOES** Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

**2. ZINGY CARROTS** In a salad bowl, combine the lemon juice and 10ml of water. Toss through the carrot ribbons, the diced tomato, a drizzle of olive oil, and seasoning. Set aside.

**3. SIZZLING PORK** Place a pan (with a lid) over medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 4-5 minutes (shifting as it colours). Cover with a lid and fry until cooked through, 4-5 minutes. In the final minute, baste the pork with a knob of butter and the chutney. Remove from the pan, reserving any pan juices, and rest for 3-5 minutes before slicing and seasoning.

**4. TIME TO EAT** Plate up the roasted potatoes. Side with the chutney pork slices, drizzle over any pan juices, and serve with the carrot salad. Well done, Chef!



## Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	352kj
Energy	84kcal
Protein	6.4g
Carbs	12g
of which sugars	5g
Fibre	1.3g
Fat	0.9g
of which saturated	0.3g
Sodium	57mg

## Allergens

Dairy, Sulphites

Cook  
within 2  
Days