



UCOOK

Pesto Pork & Tomato Salad

with herby couscous

A simple yet stunning dinner! Pork fillet is doused in Pesto Princess Basil Pesto and sided with a loaded salad of tomatoes, feta, olives, and salad leaves, all drizzled with a sweet balsamic reduction. Served alongside pesto & oregano couscous for soaking up all those delicious flavours!


Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc

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Ingredients & Prep

25ml	Pesto Princess Basil Pesto
75ml	Whole Wheat Couscous
4g	Fresh Oregano <i>Pesto Princess Basil Pesto</i>
150g	Pork Fillet
5ml	NOMU Italian Rub
20g	Salad Leaves
40g	Danish-style Feta
1	Tomato
25g	Pitted Kalamata Olives
10g	Sunflower Seeds
10ml	Balsamic Reduction

From Your Kitchen

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

1. COUSCOUS Boil the kettle. Loosen the pesto with oil in 5ml increments until drizzling consistency. Set aside. Place the couscous in a bowl with 125ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Once cooked, fluff up with the fork and toss through 3/4 of the loosened pesto and 1/2 of the picked oregano.

2. PERFECT PORK Place a pan over medium-high heat. Pat the pork fillet dry with paper towel. Coat in oil and season. When hot, sear the pork until cooked through, 6-7 minutes (shifting as it colours). In the final minute, baste with a knob of butter and the NOMU rub. Set aside to rest for 5 minutes before slicing and seasoning.

3. TOMATO SALAD While the pork is frying, rinse and roughly shred the salad leaves. Drain the feta. Roughly dice 1/2 the tomato. Drain and halve the olives. To a bowl, add the sunflower seeds, the shredded leaves, the diced tomato, the halved olives, a drizzle of olive oil, and seasoning. Crumble in the drained feta and toss until combined.

4. SIMPLY THE BESTO! Pile up the pesto couscous and top with the pork fillet drizzled with the remaining pesto. Side with the tomato salad drizzled with the balsamic reduction. Sprinkle over the remaining oregano. Beautiful work, Chef!

Chef's Tip

Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally).

Nutritional Information

Per 100g

Energy	821kj
Energy	196kcal
Protein	13.2g
Carbs	14g
of which sugars	3.8g
Fibre	2.2g
Fat	9.1g
of which saturated	2.9g
Sodium	265.1mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Sulphites, Tree Nuts

Cook
within 2
Days