



UCOOK

Classic Blue Cheese Sauce & Pork

with roasted beetroot & fresh parsley

Sizzling pork fillet is served alongside roasted beetroot chunks with tomatoes and green leaves; fluffy, zingy and vibrant! It is sided with a classic creamy blue cheese sauce, elevating this already delish dish to the next level. Sprinklings of fresh parsley and chopped walnuts finish off this winner of a dinner!

Hands-on Time: 10 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

200g	Beetroot Chunks <i>cut into bite-sized pieces</i>
1	Tomato
20g	Green Leaves
4g	Fresh Parsley
10g	Walnuts
150g	Pork Fillet
10ml	NOMU Roast Rub
50ml	Fresh Cream
20g	Blue Cheese

From Your Kitchen

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

1. ROAST BEET Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. PREP STEP While the beetroot is roasting, roughly dice the tomatoes and rinse the green leaves. Rinse and pick the parsley. Roughly chop the walnuts.

3. SIZZLING PORK Place a pan 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 NOMU rub. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

4. LOADED BEET When the beetroot is done, place in a bowl. Add the diced tomato, the rinsed green leaves, and seasoning. Mix until combined.

5. BLUE CHEESE SAUCE Return the pan to a medium-low heat. Add the cream and simmer until slightly reduced, 2-3 minutes. Add the blue cheese and stir until the cheese has melted, 1-3 minutes. Season.

6. DINNER IS SERVED Plate up the loaded roasted beetroot. Side with the pork slices and pour over the dreamy blue cheese sauce. Sprinkle over the picked parsley and garnish with the chopped walnuts. Well done, Chef!



Chef's Tip

Air fryer method: Coat the beetroot chunks in oil and season. Air fry at 200°C until crispy, 20-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	497kJ
Energy	119kcal
Protein	8.7g
Carbs	4g
of which sugars	1.1g
Fibre	1.4g
Fat	6.9g
of which saturated	3.4g
Sodium	197mg

Allergens

Dairy, Allium, Tree Nuts

Cook
within 2
Days