



UCOOK

Glossy Pork & Vibrant Veg

with caramelised onion, capers & a pickled apple salad

Succulent fried pork is nothing less than sublime when coupled with the saltiness of crispy capers, the fragrance of rosemary-roasted butternut, and the sweetness of caramelised onion – not to mention that zingy apple salad on the side!


Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Ella Nasser

 Health Nut

 Lanzerac Estate | Keldermeester Versameling Prof

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Ingredients & Prep

500g	Butternut Chunks <i>cut into bite-sized pieces</i>
2	Garlic Cloves
4g	Fresh Rosemary <i>rinsed</i>
120g	Lentils <i>drained & rinsed</i>
10ml	Chicken Stock
1	Apple <i>rinsed</i>
100ml	Pickling Liquid <i>(60ml White Wine Vinegar & 40ml Honey)</i>
2	Onions <i>peeled & finely sliced</i>
20g	Capers <i>drained</i>
300g	Pork Schnitzels (without crumb)
10ml	Dijon Mustard
40g	Salad Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. GET IT ALL GOING Preheat the oven to 200°C. Spread out the butternut pieces, the unpeeled garlic cloves, and the rinsed rosemary on a roasting tray. Coat in oil and seasoning, and roast in the hot oven for 30-35 minutes. Place the drained lentils in a bowl with the stock. Add a good drizzle of oil, toss until coated, and set aside. Slice the rinsed apple into thin wedges and place in a bowl. Pour in the pickling liquid and 15ml of water. Toss to coat and set aside to pickle.

2. SILKY ONION Place a nonstick pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 9-12 minutes until soft and caramelised, shifting occasionally. At the halfway mark, stir in a pinch of salt and a sweetener of choice to taste. Remove from the pan, cover to keep warm, and set aside for serving.

3. THE REST OF THE ROAST When the butternut reaches the halfway mark, remove from the oven and give it a shift. Scatter over the lentils and the drained capers, spread out in a single layer, and return to the oven for the remaining cooking time. On completion, the butternut should be cooked through and the lentils should be crispy.

4. SIZZLING PORK When the butternut has 5 minutes remaining, return the pan to a medium heat with another drizzle of oil. When hot, fry the pork for 1-2 minutes on one side until golden. Flip, add in a knob of butter (optional), and fry for a further 1-2 minutes until cooked through. Remove from the pan, season, and allow to rest for 3 minutes before serving.

5. DRESS IT UP For the dressing, combine the flesh of the roast garlic, the Dijon mustard, and 10ml of olive oil in a salad bowl. Drain the pickling liquid from the apple and mix it into the dressing (to taste). Toss through the shredded salad leaves, the apple, and some seasoning.

6. TIME FOR SUPPER Plate up the golden pork and cover in caramelised onion. Pile the roast veggies and crunchy salad alongside it. Well done, Chef!

Chef's Tip

Garlic contains an amino acid called allicin, which possesses antiviral, antifungal, and antibacterial properties. Plus, these little nuggets make any savoury dish just that much more flavourful!

Nutritional Information

Per 100g

Energy	358kj
Energy	86Kcal
Protein	6g
Carbs	13g
of which sugars	6g
Fibre	2.6g
Fat	0.8g
of which saturated	0.2g
Sodium	104mg

Allergens

Allium, Sulphites

Cook
within 2
Days