

UCCOOK

One-tray Honey-mustard Pork

with baby tomatoes, bell peppers & Danish-style feta

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	304kJ	2676kJ
Energy	73kcal	640kcal
Protein	5.8g	51.2g
Carbs	6g	57g
of which sugars	2.6g	23g
Fibre	2.1g	18.3g
Fat	3.9g	34.3g
of which saturated	0.8g	7.2g
Sodium	104mg	913mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Baby Tomatoes <i>rinse & halve</i>
180g	240g	Chickpeas <i>drain & rinse</i>
2	2	Onions <i>peel, cut into wedges & sepearate the petals</i>
2	2	Bell Peppers <i>rinse & cut into bite-sized pieces</i>
30ml	40ml	NOMU One For All Rub
300g	400g	Kale <i>rinse & roughly shred</i>
450g	600g	Pork Fillet
15ml	20ml	Dried Oregano
2 packs	2 packs	UCOOK Honey Mustard Dressing
60g	80g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. ROAST Preheat the oven to 200°C. Spread the baby tomatoes, the chickpeas, the onions, and the peppers on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. PORK FILLET When the roast has been in the oven for 10 minutes, pat the pork dry with paper towel, coat in oil, the oregano and seasoning. Add over the roast and roast until cooked through. Remove from the oven and rest for 5 minutes before slicing.

3. KALE Place the kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. When the roast has 8-10 minutes remaining, give the tray a shift and scatter over the dressed kale. Roast for the remaining time.

4. TIME TO DINE Dish up the loaded roast, side with the pork slices, drizzle over the honey mustard, and scatter over the feta. Dig in, Chef!