

UCCOOK

Elote-style Pork Fillet

with pumpkin seeds & a fresh dressed salad

Hands-on Time: 35 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	352kj	2031kj
Energy	84kcal	486kcal
Protein	8g	46.4g
Carbs	6g	33g
of which sugars	3g	17g
Fibre	1g	5g
Fat	2.9g	16.6g
of which saturated	1.4g	8.1g
Sodium	78mg	450.1mg

Allergens: Cow's Milk

Spice Level: Hot

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
15g	20g	Pumpkin Seeds
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
3	4	Tomatoes <i>rinse & roughly chop</i>
300g	400g	Cucumber <i>rinse & roughly chop</i>
45g	60g	Dried Pear Halves <i>roughly chop</i>
45ml	60ml	Lemon Juice
120g	160g	Corn
150ml	200ml	Low Fat Plain Yoghurt
90g	120g	Danish-style Feta <i>drain</i>
15ml	20ml	NOMU Chipotle Flakes
450g	600g	Pork Fillet

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. GOLDEN PUMPKIN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. CHUNKY SALAD To a salad bowl, add the leaves. Toss through the tomato, the cucumber, the dried pear, the lemon juice (to taste) and seasoning. Set aside.

3. CHARRED CORN Return the pan to medium-high heat and lightly add cooking spray. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and place into a bowl. Combine with the yoghurt, the feta, the chipotle flakes (to taste), and seasoning. Set aside.

4. PERFECT PORK Place a clean pan (that has a lid) over medium heat and lightly add cooking spray. Pat the pork dry with paper towel. When hot, sear the pork until browned, 3-4 minutes on one side. Flip, cover with the lid, lower the heat, and fry until cooked through, 6-8 minutes. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. EXCELLENT ELOTE-STYLE MEAL Plate up the sliced pork and dollop over the creamy corn mixture. Serve the dressed salad alongside and garnish with the toasted seeds.