



UCOOK

Pesto Pork & Tomato Salad

with baby tomatoes & couscous

A simple yet stunning dinner! Pork fillet is doused in Pesto Princess Basil Pesto and sided with a loaded salad of baby tomatoes, feta, and salad leaves, all drizzled with a sweet balsamic reduction. Pesto & oregano couscous is served alongside, to ensure that all the flavours get soaked up!


Hands-on Time: 10 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Leopard's Leap | Culinaria Chenin blanc

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Ingredients & Prep

10ml	Pesto Princess Basil Pesto
4g	Fresh Oregano
75ml	Whole Wheat Couscous
150g	Pork Fillet
5ml	NOMU Italian Rub
20g	Salad Leaves
10g	Sunflower Seeds
100g	Baby Tomatoes <i>cut in half</i>
40g	Danish-style Feta <i>drained & crumbled</i>
5ml	Balsamic Reduction

From Your Kitchen

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

1. CRAZY ABOUT COUSCOUS Boil the kettle. Loosen the pesto with oil in 5ml increments until drizzling consistency. Rinse and pick the oregano. Set the pesto and oregano aside. Using a shallow bowl, submerge the couscous in 125ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 5-8 minutes until tender. Once cooked, fluff up with the fork and toss through $\frac{3}{4}$ of the loosened pesto and $\frac{1}{2}$ the picked oregano.

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

3. TOMATO SALAD While the pork is frying, rinse and roughly shred the salad leaves. Place in the bowl with the sunflower seeds, the halved tomatoes, the crumbled feta, a drizzle of oil, and seasoning. Toss until fully 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 and drizzle over the balsamic reduction. Sprinkle over the remaining oregano. Beautiful work, Chef!



Chef's Tip

If you would like to toast your sunflower seeds, place in a pan over a medium heat. Toast for 2-4 minutes until lightly browned. Remove from the pan and set aside to cool.

Nutritional Information

Per 100g

Energy	709kJ
Energy	169kcal
Protein	13.3g
Carbs	12g
of which sugars	1.5g
Fibre	2.2g
Fat	6.8g
of which saturated	2.6g
Sodium	194.1mg

Allergens

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

Cook
within 2
Days