



# UCOOK

## Roast Chimichurri Pork Fillet

with **crispy carrot, chickpeas & feta**

With a zing of chimichurri dressing and a soft blend of North African spices, this hearty butter-basted-pork roast excels alongside crispy julienned carrots and chickpeas. On a bed of nutty quinoa, green beans, soft feta, and tangy dried cranberries. Oh, just stop!

---

**Hands-On Time:** 30 minutes

**Overall Time:** 40 minutes

---

**Serves:** 1 Person

---

**Chef:** Fatima Ellemdeen

---

♥ Health Nut

---

🍷 Cavalli Estate | Colt

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

60g	Chickpeas <i>drained &amp; rinsed</i>
75g	Julienne Carrot
10ml	NOMU Moroccan Rub
75ml	Red Quinoa <i>rinsed</i>
5ml	Vegetable Stock
15ml	Pesto Princess Chimichurri
10g	Sunflower Seeds
100g	Green Beans <i>rinsed, trimmed &amp; sliced into thirds</i>
150g	Pork Fillet
15g	Dried Cranberries <i>roughly chopped</i>
20g	Green Leaves <i>rinsed</i>
40g	Danish-style Feta <i>drained</i>

## From Your Kitchen

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

**1. THE ROAST** Preheat the oven to 180°C. Place the drained chickpeas and julienne carrot on a roasting tray. Coat in oil, ½ the Moroccan Rub, and seasoning. Spread out evenly and roast in the hot oven for 15-20 minutes until crispy.

**2. RUBY QUINOA** Place quinoa in a pot over a medium-high heat with the stock, and stir through 400ml of water. Bring to a simmer, uncovered. Cook for 12-15 minutes until it's tails have popped out, adding more water if required. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for at least 5 minutes.

**3. MIX, TOAST & BLANCHE** Place the chimichurri in a small bowl, gradually mix with oil in 5ml increments until drizzling consistency. Set aside for serving. Place a nonstick pan over a medium heat. When hot, toast the sunflower seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Return the pan to a medium-high heat with a drizzle of oil and a splash of water. Once bubbling, simmer the sliced green beans for 2-3 minutes until cooked al dente. Transfer to a salad bowl, season and set aside.

**4. ELEGANT SPICES** Return the pan to a medium-high heat. Pat the pork dry with some paper towel, coat in oil, and season. When the pan is hot, sear the pork for 5-7 minutes, shifting as it colours, until browned but not cooked through. During the final minute, baste with a knob of butter and the remaining Moroccan Rub. Place in a piece of tinfoil and pour in any juices from the pan. Close up tightly and roast in the oven for 3-4 minutes until cooked through to your preference. Remove from the oven on completion and allow to rest inside the tinfoil for 5 minutes.

**5. ALMOST THERE...** Add the quinoa and ¾ of the chopped cranberries to the green bean bowl with 1 tsp of the chimichurri, a drizzle of olive oil and toss to combine. Season to taste. Toss the rinsed green leaves with some olive oil and seasoning. Slice the pork, reserving the juices for serving.

**6. DISH UP & CHIMI** Dish up the quinoa salad, top with roasted chickpea, carrot and pork fillet slices. Pour over the pan juices and side with the dressed leaves. Crumble over the drained feta and drizzle with the remaining chimichurri dressing. Garnish with the toasted seeds and remaining cranberries.



## Chef's Tip

Rinse your quinoa with cold water to remove excess starch. It gets rid of any dirt or grit that may have slipped through during processing. Rinsing improves taste, texture, and cleanliness!

## Nutritional Information

Per 100g

Energy	695kj
Energy	169Kcal
Protein	10.9g
Carbs	17g
of which sugars	3.1g
Fibre	4g
Fat	5.9g
of which saturated	1.9g
Sodium	308mg

## Allergens

Dairy, Allium, Sulphites

Cook  
within 2  
Days