



UCOOK

Herman's Glossy Carrot & Pork Feast

with a creamy baby potato salad & fresh herbs

A classic dinner of herb crusted pork fillet accompanied by a creamy baby potato salad and Herman's cinnamon glossy carrots. Sprinkled with toasted flaked almonds and sided with fresh green leaves - a feast awaits!


Hands-On Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Herman Lensing

♥ Health Nut

 Anthonij Rupert | Cape of Good Hope
Riebeeksrivier Chenin Blanc

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Ingredients & Prep

800g	Baby Potatoes <i>rinsed</i>
60g	Flaked Almonds
10ml	Ground Cinnamon
400g	Baby Carrot <i>rinsed & peeled (optional)</i>
600g	Pork Fillet
200ml	Plain Yoghurt
80ml	Dijon Mustard
100g	Gherkins <i>drained & roughly chopped</i>
80g	Green Leaves <i>rinsed</i>
40g	Dried Cranberries
8g	Fresh Thyme <i>rinsed, picked & finely chopped</i>
10g	Fresh Parsley <i>rinsed, picked & finely chopped</i>

From Your Kitchen

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

1. BOILING AWAY... Place the baby potatoes in a pot of salted water over a high heat. Pop on a lid and bring to a boil. Once boiling, remove the lid and reduce the heat. Allow to simmer for 20-25 minutes until cooked through and soft. Remove from the heat on completion and drain. Cut in half once cool enough to handle.

2. GLOSSY CARROTS Place a pan over medium-high heat. Once hot, toast the flaked almonds for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion. Return the pan to a medium-high heat. Add a knob of butter or a drizzle of oil, the cinnamon (to taste), 40ml of a sweetener of choice, and 120ml of water. Mix until the sweetener is fully dissolved. Add in the rinsed carrots and reduce the heat. Cook the carrots for 7-9 minutes, basting and shifting occasionally. Add more water if necessary. On completion, the sauce should be sticky and the carrots tender.

3. SEARING FILLET Place a pan over a high heat. Pat the fillet dry with paper towel. Rub some oil into the fillet until well coated. When the pan is hot, sear the fillet for about 7-8 minutes, until browned and cooked through, shifting as it colours. Remove from the pan on completion and allow to rest for 5 minutes.

4. POTATO SALAD In a large bowl, mix the yoghurt, ½ the mustard and some seasoning. Add in the chopped gherkins and the halved baby potatoes. Toss until fully coated. In a separate bowl, toss the rinsed green leaves, the dried cranberries, a drizzle of oil and some seasoning.

5. HOW THYME FLIES Once the fillet has rested, place the chopped thyme and ¾ of the chopped parsley on a small plate. Lightly spread the remaining Dijon mustard using a spoon or knife over the pork fillet. Roll the mustard-basted fillet through the mixed chopped herbs until well coated. Gently slice and season.

6. YUM! Plate up some glossy baby carrots. Side with the green leaf salad and the potato salad sprinkled with the remaining herbs. Lay the herb-crusted pork slices alongside, garnish with the flaked almonds, and tuck in!



Chef's Tip

Meat continues to cook while resting.
Remember this when cooking the pork to your preference.

Nutritional Information

Per 100g

Energy	402kj
Energy	96Kcal
Protein	7.7g
Carbs	10g
of which sugars	2.2g
Fibre	2.1g
Fat	2.7g
of which saturated	0.5g
Sodium	128mg

Allergens

Dairy, Sulphites, Tree Nuts

Cook
within 2
Days