

UCCOOK

Pork Rump & Roast Veg Medley

with kalamata olives & red pepper pesto cottage cheese

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 1 & 2

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	318kj	2056kj
Energy	76kcal	492kcal
Protein	6.8g	44.2g
Carbs	6g	40g
of which sugars	3g	16g
Fibre	2g	13g
Fat	2.3g	14.8g
of which saturated	0.5g	2.9g
Sodium	109mg	707mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Beetroot <i>rinse, trim & cut into bite-sized pieces</i>
240g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
10g	20g	Almonds <i>roughly chop</i>
30ml	60ml	Low Fat Cottage Cheese
10ml	20ml	Pesto Princess Red Pepper Pesto
150g	300g	Pork Rump
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
15ml	30ml	Lemon Juice
20g	40g	Pitted Kalamata Olives <i>drain & roughly slice</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray (or oil of your choice)

1. ROAST Preheat the oven to 200°C. Spread the beetroot and the carrots on a roasting tray. Lightly coat in cooking spray or oil (optional) and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. TOAST Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CREAMY PESTO In a small bowl, combine the cottage cheese with the pesto. Loosen with water in 5ml increments until drizzling consistency and season.

4. PORK RUMP Return the pan over medium-high heat. Pat the pork dry with paper towel and lightly coat with cooking spray or oil (optional). When hot, sear the pork, fat-side down, until crispy, 3-5 minutes. Flip the pork onto its side and sear until browned, 3-4 minutes per side. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

5. SALAD In a salad bowl, combine the salad leaves, the lemon juice (to taste), the almonds, the olives, and season.

6. DINNER IS READY Plate up the roast, side with the pork rump slices, and the fresh salad. Drizzle over the pesto-cottage cheese. Dig in, Chef!