



UCOOK

Pork Fillet & Polenta-crusted Potatoes

**with a green peppercorn sauce, roasted
cauliflower & fresh rosemary**

Juicy pork fillet marinated in soy sauce, accompanied by crunchy polenta and Italian-cheese crispy potatoes infused with rosemary, with delicious roasted cauliflower on the side. A creamy peppercorn sauce finishes off this incredible dish.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Easy Peasy

 Niel Joubert | Blanc de Noir

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Ingredients & Prep

250g	Potato Chunks <i>cut into bite-sized pieces</i>
150g	Pork Fillet
20ml	Low Sodium Soy Sauce
150g	Cauliflower Florets <i>cut into bite-sized pieces</i>
30ml	Polenta
3g	Fresh Rosemary <i>rinsed, picked & finely chopped</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
7,5ml	Green Peppercorns <i>drained</i>
50ml	Fresh Cream
25ml	Grated Italian-style Hard Cheese

From Your Kitchen

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

1. LET'S GET IT STARTED! Preheat the oven to 200°C. Place a pot of cold salted water over a high heat. Add the potato pieces and bring to the boil. Once boiling, reduce the heat and simmer for 10-15 minutes until slightly softened. Drain on completion. Pat the pork fillet dry with some paper towel. Add to a bowl with the soy sauce and toss until fully coated. Set aside to marinade for at least 5-10 minutes.

2. ROASTY FLORETS Place the cauliflower florets on a roasting tray, coat in oil and seasoning. Roast in the hot oven for 20-25 minutes until cooked through and starting to crisp.

3. POLENTA POTATOES When the potatoes are done, place in a bowl with a good drizzle of oil, the polenta, the chopped rosemary, and seasoning. Toss until fully coated. Place on a roasting tray and roast in the hot oven for 15-20 minutes until golden.

4. JUICY PORK FILLET Place a nonstick pan over medium-high heat. When hot, sear the marinated pork fillet for 3-4 minutes, shifting and turning as it colours. On completion, the pork should be browned but not cooked through. Remove from the pan and wrap in a piece of tinfoil. Finish it off in the hot oven for 7-9 minutes until cooked to your preference. Remove on completion and allow to rest inside the tinfoil for 5 minutes before thinly slicing.

5. CREAMY PEPPERCORN SAUCE Return the pan to a medium heat with a drizzle of oil or knob of butter. When hot, sauté the white spring onions and drained peppercorns for 2-4 minutes until slightly caramelized. Slowly whisk in the fresh cream and leave to simmer for 4-5 minutes until slightly reduced. When the polenta potatoes are done, sprinkle over the grated cheese and toss until fully coated.

6. GRAB YOUR KNIFE & PORK! Plate up the juicy pork slices. Top with the creamy peppercorn sauce and sprinkle over the spring onion greens. Serve alongside the cheesy polenta potatoes and the roasted cauliflower. Beautiful, Chef!

Nutritional Information

Per 100g

Energy	490kJ
Energy	117Kcal
Protein	7.9g
Carbs	11g
of which sugars	1.2g
Fibre	1.7g
Fat	4.4g
of which saturated	2.4g
Sodium	4mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat, Soy

Cook
within 2
Days