



UCCOOK

Pork & Mmm Mushie Sauce

with roasted broccoli & orzo

Pork fillet is seared, basted and roasted until tender and juicy before being thinly sliced. It is served with tender orzo, charred roasted broccoli, and the creamiest, easiest and most delicious mushroom sauce you could ever imagine!

Hands-On Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Sarah Hewitt

 Quick & Easy

 Boschendal | Stellenbosch Cabernet
Sauvignon

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Ingredients & Prep

100g	Broccoli Florets <i>cut into small pieces</i>
75ml	Orzo Pasta
150g	Pork Fillet
10ml	NOMU Italian Rub
125g	Button Mushrooms
1	Garlic Clove
50ml	Fresh Cream
4g	Fresh Parsley

From Your Kitchen

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

1. WE WILL BROCC YOU! Preheat the oven to 200°C. Boil the kettle. Place the broccoli pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 15-20 minutes until cooked through and crisping up, shifting halfway.

2. OH OH ORZO! While the broccoli is roasting, fill a pot for the orzo with 200ml of boiling water and a pinch of salt. Once the water is boiling rapidly, cook the orzo for 7-10 minutes until cooked al dente. Remove from the heat on completion, drain if necessary, and toss through some oil to prevent sticking.

3. PORK PARTY Place a nonstick 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 for 3-4 minutes, shifting and turning as it colours. On completion, it should be browned all over but not cooked through. During the final minute, baste with a knob of butter and the rub. On completion, remove from the pan and place in a piece of tinfoil. Pour in any pan juices and close up tightly. Finish it off in the hot oven for 6-7 minutes until cooked to your preference. Remove on completion and allow to rest inside the tinfoil for 5 minutes before slicing.

4. PREP STEP While the pork is in the oven, quarter the mushrooms. Peel and grate the garlic. Rinse and roughly chop the parsley.

5. MUSHIE SAUCE Return the pan to a medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the quartered mushrooms for 3-5 minutes until soft and golden, shifting as they colour. In the final 1-2 minutes, add the grated garlic, shifting constantly, until fragrant. Add the cream and a splash of water. Reduce the heat and simmer for 3-4 minutes, stirring occasionally, until slightly reduced. In the final 30-60 seconds, add ½ the chopped parsley. Season to taste.

6. DINNER IS SERVED! Make a bed of the orzo. Top with the pork slices and drizzle over the mushroom sauce. Serve the roasted broccoli on the side and sprinkle over the remaining parsley. Well done, Chef!

Nutritional Information

Per 100g

Energy	616kJ
Energy	147Kcal
Protein	10.2g
Carbs	14g
of which sugars	1.8g
Fibre	2g
Fat	5.1g
of which saturated	2.6g
Sodium	98.6mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 2
Days