

# UCCOOK

## Sweet Chilli Pork Medallions

with roasted sweet potato & crispy kale

**Hands-on Time:** 40 minutes

**Overall Time:** 60 minutes

**Calorie Conscious:** Serves 3 & 4

**Chef:** Kate Gomba

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 391kj    | 2029kj      |
| Energy             | 93kcal   | 484kcal     |
| Protein            | 7.9g     | 40.7g       |
| Carbs              | 9g       | 46g         |
| of which sugars    | 3g       | 17g         |
| Fibre              | 2g       | 9g          |
| Fat                | 2.3g     | 12.2g       |
| of which saturated | 1g       | 5g          |
| Sodium             | 122mg    | 634mg       |

**Allergens:** Sulphites, Sugar Alcohol (Sweetener), Cow's Milk, Allium

**Spice Level:** Mild

Eat Within 1 Day

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                                        |
|----------|------------|----------------------------------------------------------------------------------------|
| 750g     | 1kg        | Sweet Potato Chunks<br><i>cut into small bite-sized pieces</i>                         |
| 150g     | 200g       | Kale<br><i>rinse &amp; roughly shred</i>                                               |
| 90ml     | 120ml      | Carb Smart Sweet Chilli Sauce                                                          |
| 450g     | 600g       | Pork Fillet                                                                            |
| 22,5ml   | 30ml       | Spicy Rub<br><i>(15ml [20ml] NOMU BBQ Rub &amp; 7,5ml [10ml] Dried Chilli Fllakes)</i> |
| 90ml     | 120ml      | Sour Cream                                                                             |
| 8g       | 10g        | Fresh Parsley<br><i>rinse, pick &amp; finely chop</i>                                  |

## From Your Kitchen

Seasoning (salt & pepper)

Water

Cooking Spray (or oil of your choice)

Paper Towel

**1. ROAST** Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Lightly coat with cooking spray or a drizzle of oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).□□□

**2. KALE** In a bowl, lightly spray the kale with cooking spray or a drizzle of oil and season. Massage with your hands until coated. When the roast has 5-8 minutes to go, scatter the kale over and roast for the remaining time until crispy.

**3. PORK MEDALLIONS** In a small bowl, combine the sweet chilli sauce with 45ml [60ml] of water. Place a pan over medium heat. Pat the pork dry with paper towel and slice into 1cm thick rounds. Lightly coat with cooking spray or a drizzle of oil and the spicy rub. When hot, sear the pork until browned and cooked through, 2-3 minutes per side. In the final 1-2 minutes, baste with the sweet chilli sauce, and remove from the heat.

**4. SOME PREP** In a bowl, combine the sour cream and ½ of the parsley. Loosen with water in 5ml increments until drizzling consistency.

**5. TIME TO EAT** Plate up the roast, and top with the pork medallions with all the pan juices. Drizzle over the herby sour cream and garnish with the remaining parsley. Dig in, Chef!