



# UCOOK

## Pork Fillet & Creamy Brandy Sauce

with roasted sweet potato & broccoli

Tender pork fillet is served with a beautiful brandy sauce and is accompanied by crisp roasted sweet potato and sprinkled with toasted almond flakes. We couldn't make this dish better if we tried!

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**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Sarah Hewitt

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 Adventurous Foodie

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 Boschendal | Le Bouquet

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## Ingredients & Prep

|       |                                                                        |
|-------|------------------------------------------------------------------------|
| 500g  | Sweet Potato<br><i>rinsed, peeled &amp; cut into bite-sized chunks</i> |
| 200g  | Broccoli Florets<br><i>cut into bite-sized pieces</i>                  |
| 20g   | Flaked Almonds                                                         |
| 300g  | Pork Fillet                                                            |
| 1     | Garlic Clove<br><i>peeled &amp; grated</i>                             |
| 5g    | Fresh Thyme<br><i>rinsed &amp; picked</i>                              |
| 20ml  | Brandy                                                                 |
| 100ml | Fresh Cream                                                            |
| 40g   | Salad Leaves<br><i>rinsed</i>                                          |

## From Your Kitchen

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

**1. SWEET POTTS** Preheat the oven to 200°C. Spread out the sweet potato chunks on half of a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes. Place the broccoli pieces in a bowl. Coat in oil, season, and set aside.

**2. TOASTY ALMONDS** Place the flaked almonds in a nonstick pan over a medium-high heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and set aside.

**3. ROASTY BROCC** When the sweet potato has 10-15 minutes remaining, give them a shift, place the dressed broccoli on the other half of the tray, and roast for the remaining time. On completion, the broccoli should be starting to crisp and the sweet potato should be cooked through.

**4. PORK FILLET** Return the pan to a medium-high heat with a drizzle of oil. Pat the pork fillets dry with some paper towel and coat in oil. 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. In the final minute, baste the pork with a knob of butter. On completion, remove from the pan and place in a piece of tinfoil. Pour in any pan juices and close up tightly. Finish off in the hot oven for 6-7 minutes until cooked through. Remove on completion and allow to rest inside the tinfoil for 5 minutes before thinly slicing and seasoning.

**5. BRANDY SAUCE** Return the pan to a medium-high heat with a drizzle of oil. When hot, add the grated garlic and the picked thyme and fry for 30-60 seconds until fragrant, shifting constantly. Pour in the brandy and leave to simmer for 1-2 minutes, until almost all evaporated. Reduce the heat to low, and pour in the fresh cream and 60ml of warm water. Leave to simmer for 2-3 minutes until slightly reduced and thickening. Season to taste and remove from the heat. In a bowl, combine the rinsed salad leaves, ½ the toasted almonds, a drizzle of oil and seasoning.

**6. DINNER TIME** Plate up the pork slices. Drizzle over the creamy brandy sauce and side with the roasted sweet potato and broccoli and the salad. Sprinkle over the remaining almonds. Enjoy, Chef!



## Chef's Tip

If you've done it before and know what you're doing, why not flambé the brandy when added to the sauce? It will add some pizzazz to your standard weeknight dinner!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 494kJ   |
| Energy             | 118Kcal |
| Protein            | 7.4g    |
| Carbs              | 9g      |
| of which sugars    | 3.1g    |
| Fibre              | 1.8g    |
| Fat                | 4.9g    |
| of which saturated | 2.3g    |
| Sodium             | 5mg     |

## Allergens

Dairy, Allium, Tree Nuts, Alcohol

Cook  
within 2  
Days