

U COOK

Pork & Horseradish Sauce

with roasted beetroot & pine nuts

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Pinch of Salt Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	401.9kJ	2213.8kJ
Energy	96.1kcal	529.5kcal
Protein	9.5g	52.6g
Carbs	8.9g	49.3g
of which sugars	1.4g	7.5g
Fibre	3.2g	17.5g
Fat	2.1g	11.6g
of which saturated	0.7g	3.6g
Sodium	181.8mg	1001.4mg

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

Spice Level: None



Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

200g 400g Beetroot Chunks

60g 120g Tinned Lentils
drain & rinse

5g 10g Pine Nuts

50ml 100ml Low Fat Plain Yoghurt

15ml 30ml Horseradish Sauce

150g 300g Pork Rump

10ml 20ml NOMU Roast Rub

40g 80g Salad Leaves
rinse

3g 5g Fresh Parsley
rinse, pick & roughly chop

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

1. ROAST IT UP Preheat the oven to 200°C. Place the beetroot on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp. Place the lentils in a bowl, coat in oil and seasoning. When the roast has 10-12 minutes remaining, scatter the lentils over and cook for the remaining time.

2. PINING AFTER YOU Place the pine nuts in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and set aside for serving. In a small bowl, combine the yoghurt, the horseradish sauce, a drizzle of olive oil, and seasoning. Set aside for serving.

3. FRY, FRY, FRY! Place a pan over medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork, fat-side down, until crispy, 3-5 minutes. Flip the pork onto its side and sear until browned, 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

4. THE MAIN MEAL EVENT! Lay down a bed of the green leaves and top with the beetroot and crispy lentils. Side with the pork slices and dollop over the horseradish yoghurt. Scatter over the pine nuts and the parsley. Well done, Chef!