



UCOOK

Apple-stuffed Pork & Sweet Potato

with dried cranberries & wholegrain mustard

Tender pork fillet is stuffed with a delicious apple & mustard filling before being pan seared and roasted until crisp, juicy and tender. Served alongside roasted sweet potato chunks and a simple walnut & dried cranberry salad, this dish is fun to make and amazing to eat!

Hands-On Time: 40 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Jeannette Joynt

 Adventurous Foodie

 Boschendal | Rose Garden Rosé

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Ingredients & Prep

250g	Sweet Potato <i>rinsed, peeled (optional) & cut into bite-sized chunks</i>
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
1	Apple <i>peeled (optional), cored & finely chopped</i>
15ml	Wholegrain Mustard
1	Lemon <i>½ zested & cut into wedges</i>
10ml	Brandy
30g	Dried Cranberries <i>roughly chopped</i>
20g	Walnuts <i>roughly chopped</i>
150g	Pork Fillet
4g	Fresh Sage <i>rinsed, picked & dried</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Boil the kettle. Spread out the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 25-30 minutes until cooked through, shifting halfway.

2. FILLING Place a pan over a medium heat with a drizzle of oil and a knob of butter. When hot, add the diced onion and fry for 3-4 minutes until soft, shifting occasionally. Add the grated garlic and fry for 1-2 minutes until fragrant, shifting constantly. Add the chopped apple, ¾ of the mustard, a squeeze of lemon juice, and the lemon zest. Cook for 8-10 minutes until the apple is soft. Add the brandy and simmer for 1-2 minutes until almost evaporated. Add ½ the dried cranberries and ½ the chopped walnuts. Mix until fully combined and season.

3. FILLET When the apple has 5 minutes remaining, pat the pork dry with paper towel and slice into the long side of the pork (be careful not to cut all the way through.) Open out the pork so it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin or bottle to create an even thickness. Remove the cling wrap and top the fillet with the apple mixture in an even layer, making sure to leave a thin border around the mixture (save any leftover filling for serving!) Starting with one of the longer sides, roll up the pork fillet like a swiss roll! Secure closed with toothpicks, if necessary.

4. SEAR & ROAST Return the pan to a medium-high heat. Coat pork in oil. When the pan is hot, sear the pork for 3-4 minutes, turning as it colours. It should be browned all over but not cooked through. Remove from the pan and wrap in tinfoil. Finish off in the hot oven for 7-9 minutes until cooked through. Remove on completion and allow to rest inside the tinfoil for 5 minutes before serving. Remove any toothpicks!

5. SAGE & SALAD Return the pan to a medium-high heat with 30g of butter. Once foaming, add the rinsed sage leaves. Fry for 1-2 minutes until the leaves are crispy. In a salad bowl, combine the rinsed salad leaves, the remaining mustard, walnuts & cranberries, a squeeze of lemon juice, a drizzle of oil, and some seasoning.

6. YUM! Plate up the apple-stuffed pork fillet. Drizzle over the sage butter. Side with the roasted sweet potato and the walnut salad. Serve any remaining filling and lemon wedges on the side.

Nutritional Information

Per 100g

Energy	448kJ
Energy	107Kcal
Protein	5.6g
Carbs	14g
of which sugars	5.5g
Fibre	2.9g
Fat	2.8g
of which saturated	0.4g
Sodium	3mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts, Alcohol

Cook
within 2
Days