



UCOOK

Pork with Leeks & Cabbage

with butter bean mash & almonds

This dish is perfectly quick and tasty - perfect for any weeknight dinner. Pork fillet is basted in a spicy rub & butter, and served with a smooth butter bean mash. The unexpected star bringing this meal to life is the braised leeks, peas & cabbage medley. It may sound simple but the flavours are anything but!


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Megan Bure

 Quick & Easy

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc 2021

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

200g	Leeks <i>trimmed at the base & halved lengthways</i>
20ml	White Wine
200g	Cabbage <i>roughly shredded</i>
100g	Peas
1	Lemon <i>zested & cut into wedges</i>
20g	Almonds
300g	Pork Fillet
20ml	NOMU Roast Rub
240g	Butter Beans
60ml	Crème Fraîche

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Blender (optional)
Milk (optional)

1. STAR OF THE SHOW Rinse the halved leeks thoroughly and roughly slice. Place a pan over medium-high heat with a drizzle of oil. When hot, sauté the sliced leeks for 2-3 minutes until soft, shifting constantly. Pour in the wine and cook for 1-2 minutes until almost evaporated. Add the shredded cabbage, the peas, and a splash of water. Simmer for 4-5 minutes until the cabbage and peas are tender, shifting occasionally. Remove from the heat and squeeze in some lemon juice, a pinch of zest, and seasoning.

2. SLIVERS OF GOLD Place the almonds in a pan over medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and set aside to cool.

3. PORK-FECTION Return the pan to 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 7-10 minutes, shifting and turning as it colours. On completion, it should be browned all over and cooked through. During the final minute, baste the pork with a knob of butter and the rub. Thinly slice and lightly season.

4. FINAL ACT Drain and rinse the butter beans. Place the rinsed beans in a pot with 1½ tbsp of milk or water and the crème fraîche. Place over medium-high heat. Once boiling, simmer for 2-3 minutes until the beans are warmed through. Remove from the heat and add a knob of butter and seasoning. Place in a blender or mash until desired consistency.

5. TAKE A BOW Serve up the butter bean mash and top with the juicy pork slices. Plate the leek and cabbage alongside and sprinkle over the toasted almonds. Garnish with any remaining lemon wedges. Standing ovation, Chef!

Nutritional Information

Per 100g

Energy	442kJ
Energy	106kcal
Protein	8.1g
Carbs	9g
of which sugars	2g
Fibre	2.6g
Fat	3.9g
of which saturated	1.7g
Sodium	169mg

Allergens

Dairy, Allium, Tree Nuts, Alcohol

Cook
within 2
Days