



# UCOOK

## Festive Pork & Sweet Potato Mash

with a glossy cranberry sauce & a fresh apple salad

There are few things more festive than cranberry sauce – so what better way to start the summer festivities with tender pork rump slices, buttery sweet potato mash, and tangy cranberry sauce? Served alongside a fresh apple salad to add that extra summer punch!

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**Hands-On Time:** 15 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Hannah Duxbury

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♥ Health Nut

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🍷 Warwick Wine Estate | First Lady Pinotage

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## Ingredients & Prep

10g	Pine Nuts
250g	Sweet Potato <i>peeled &amp; cut into bite-sized chunks</i>
10g	Dried Cranberries
20ml	Orange Juice
50ml	Red Wine
1	Cinnamon Stick
150g	Pork Rump
27,5ml	Honey-mustard Sauce <i>(20ml Honey &amp; 7,5ml Dijon Mustard)</i>
1	Apple <i>½ sliced into thin matchsticks</i>
20g	Green Leaves <i>rinsed &amp; gently shredded</i>

## From Your Kitchen

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

**1. TOASTING TIME** Place a pan over a medium heat. Once hot, toast the pine nuts for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion.

**2. MASH MAGIC** Place a pot of cold salted water over a high heat. Add the sweet potato chunks and bring to a boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion, and mash with a potato masher or fork until smooth. Stir through a splash of milk or water and a knob of butter or a drizzle of oil. Season to taste and cover to keep warm for serving.

**3. CRANBERRY CRAZY** Place a pot over a medium heat. When hot, add the cranberries, the orange juice, 50ml water, the red wine, and the cinnamon stick. Lower the heat and leave to simmer for 10-15 minutes until thickened, stirring frequently. On completion, the sauce should have a syrup-like consistency.

**4. PERFECT PORK** Pat the pork rump dry with some paper towel. Coat in oil and some seasoning. Return the pan to a medium-high heat. When hot, sear the pork for 3-4 minutes per side. During the final minute, baste the pork with a knob of butter (optional) and the honey-mustard sauce. Remove on completion and allow to rest for 5 minutes before thinly slicing. Alternatively, leave it whole.

**5. SALAD STEP** In a salad bowl, add the apple matchsticks, the toasted pine nuts, the shredded green leaves, a drizzle of olive oil, and seasoning. Toss until fully combined.

**6. FESTIVE FEASTING** Dish up a hearty plate of buttery mashed potatoes and juicy pork rump slices. Spoon over the syrupy cranberry sauce, and side with the fresh apple salad. Merry munching, Chef!



## Chef's Tip

To stop the sliced apple from browning, place it in a bowl of water with a squeeze of lemon juice.

## Nutritional Information

Per 100g

Energy	448kJ
Energy	107Kcal
Protein	6.3g
Carbs	14g
of which sugars	8.1g
Fibre	2g
Fat	1.8g
of which saturated	0.4g
Sodium	59mg

## Allergens

Sulphites, Tree Nuts, Alcohol

Cook  
within 2  
Days