



U C O O K

— COOKING MADE EASY

Pork Tagliata & Balsamic Butter

with roast pumpkin, sun-dried tomatoes & basil pesto

Tagliata (from the Italian verb tagliare, meaning "to cut") is sliced steak. These pork fillet slices are basted in butter and balsamic vinegar for a light sweetness and tang. Served with Italian-style hard cheese shavings and a lush sun-dried tomato, pea, and green bean salad.

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 2 People

Chef: Kate Gomba



Health Nut

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



Ingredients & Prep

500g	Butternut Chunks <i>cut into bite-size pieces</i>
10ml	NOMU Roast Rub
20g	Sunflower Seeds
30ml	Pesto Princess Basil Pesto
200g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
80g	Peas
40g	Green Leaves <i>rinsed</i>
100g	Sun-Dried Tomatoes <i>drained & roughly chopped (reserving the oil)</i>
30ml	Balsamic Vinegar
300g	Pork Fillet
30g	Whole Italian-Style Hard Cheese <i>peeled into shavings</i>

From Your Kitchen

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

1. OVEN-CARAMELISED BUTTERNUT Preheat the oven to 200°C. Spread out the butternut pieces on a roasting tray. Coat in oil and the Roast Rub. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. TOASTED SEEDS & PESTO DRIZZLE Place the sunflower seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Combine the basil pesto with 2 tsp of olive oil and set aside for serving.

3. VIBRANT SALAD Return the pan to a medium-high heat. Add a drizzle of oil, a pinch of salt, and a splash of water to cover the base. When starting to bubble, simmer the sliced green beans for 4-6 minutes until cooked al dente. In the final minute, add the peas and simmer until heated through. On completion, transfer to a salad bowl along with the chopped sun-dried tomatoes and the rinsed green leaves. Toss through the reserved sun-dried tomato oil and half of the balsamic vinegar until coated. Season to taste and set aside for serving.

4. BALSAMIC-BASTED PORK Pat the pork fillet dry with some paper towel, coat in oil, and season. Return the pan to a medium-high heat. When hot, sear the pork for 3-4 minutes, shifting and turning until browned but not cooked through. During the final minute, baste the pork with a knob of butter and the remaining balsamic vinegar. On completion, place in a piece of tinfoil and pour in the juices from the pan. Close up tightly and roast in the oven for 7-9 minutes until cooked to your preference. On completion, set aside to rest inside the foil for 5 minutes before thinly slicing.

5. TIME FOR A HEALTHY SUPPER! Dish up some chunks of roast butternut alongside the pork slices and drizzle over the roasting juices. Serve the tangy salad on the side and scatter over the toasted sunflower seeds. Garnish with the hard cheese shavings and substantial drizzles of basil pesto. Good job, Chef!



Chef's Tip

To cook food 'al dente' means that it should still be firm when bitten. It must be tender, but not soft. This typically refers to pasta, but also applies to other grains, as well as a range of veg. In the case of your green beans, they should still have a slight snap to them once cooked.

Nutritional Information

Per 100g

Energy	432kJ
Energy	103Kcal
Protein	7.6g
Carbs	9g
of which sugars	3.1g
Fibre	2.2g
Fat	3.8g
of which saturated	0.9g
Sodium	102mg

Allergens

Egg, Dairy, Allium, Sulphites, Tree Nuts

Cook
within 2
Days