

UCCOOK

Spicy Chimichurri Pork Fillet

with roast butternut & an apple slaw

Hands-on Time: 30 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	392kJ	2793kJ
Energy	94kcal	668kcal
Protein	6g	42.5g
Carbs	10g	68g
of which sugars	4.8g	33.9g
Fibre	2g	14.3g
Fat	3.9g	28.1g
of which saturated	0.5g	3.9g
Sodium	96mg	688mg

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

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3

[Serves 4]

750g	1kg	Butternut Chunks <i>cut into bite-sized pieces</i>
450g	600g	Pork Fillet
30ml	40ml	NOMU One For All Rub
90ml	125ml	White Wine Vinegar
15ml	20ml	Dried Chilli Flakes
90g	120g	Sun-dried Tomatoes <i>drain & roughly chop</i>
2	2	Apples <i>rinse, peel, core & cut 1½ [2] into matchsticks</i>
90ml	125ml	Pesto Princess Chimichurri Sauce
3	4	Spring Onions <i>rinse, trim & finely slice</i>
45g	60g	Pecan Nuts <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Sugar/Sweetener/Honey

Butter

Seasoning (salt & pepper)

1. BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

2. PERFECT PORK FILLET When the butternut is halfway, place a pan (that has a lid) over medium heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 4-5 minutes on one side. Flip, cover with the lid, lower the heat, and fry until cooked through, 6-8 minutes. During the final 1-2 minutes, baste the pork with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. SPECTACULAR SALAD In a salad bowl, combine the vinegar with a sweetener (to taste), the chilli flakes (to taste), a drizzle of olive oil and season. Add the sun-dried tomatoes and apple and toss until fully coated.

4. GRAB A FORK, LET'S EAT THIS PORK! Dish up the juicy pork slices and drizzle over the chimichurri sauce. Side with the roasted butternut and the sun-dried tomato and apple salad. Garnish with the spring onion slices and pecan nuts. Dig in, Chef!

Chef's Tip Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.