



UCOOK

Stuffed Pork Fillet

with pumpkin, mushrooms & sun-dried tomatoes

Layers of flavour can be found within this divine pork, stuffed with button mushroom and diced sun-dried tomatoes, and coated in a NOMU Provençal Rub. Served atop a green leaf bed, and sided with roasted pumpkin chunks and chickpeas. There really is nothing better!

Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Hannah Duxbury

♥ Health Nut

🍷 No paired wines

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Ingredients & Prep

150g	Pumpkin Chunks <i>cut into bite-sized chunks</i>
60g	Chickpeas <i>drained & rinsed</i>
15g	Pumpkin Seeds
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Clove <i>peeled & grated</i>
100g	Button Mushrooms <i>wiped clean & finely chopped</i>
25g	Sun-dried Tomatoes <i>drained & finely diced</i>
3g	Fresh Parsley <i>rinsed & finely chopped</i>
150g	Pork Fillet
7,5ml	NOMU Provençal Rub
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. PUMPKIN PERFECTION Preheat the oven to 200°C. Place the pumpkin chunks on a roasting tray, coat in oil, and season. Place the drained chickpeas in a bowl. Coat in oil and some seasoning. Set aside. Roast the pumpkin in the hot oven for 25-30 minutes. Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion.

2. START THE STUFFING Return the pan to a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Add the grated garlic and fry for about 1 minute until fragrant, shifting constantly. Add the chopped mushrooms and fry for 3-5 minutes until browned, shifting occasionally. Remove from the heat and mix in the diced sun-dried tomatoes, ½ the chopped parsley and seasoning.

3. PREP THE PORK Pat the pork fillet dry with paper towel and place on a chopping board. Use a sharp knife to slice into one side of the pork (be careful not to cut all the way through to the other side.) Open the pork so that it resembles a butterfly. Cover with cling wrap and pummel with a rolling pin or bottle to create an even thickness. Use the back of a spoon to spread the mushroom mixture evenly over the flattened pork fillet, leaving a border of ½ cm. Roll the pork up tightly, using toothpicks to secure the pork roll. Lightly coat in oil, seasoning and the rub.

4. CRISPY CHICKS When the pumpkin has 15 minutes remaining, place the dressed chickpeas on the other half of the tray. Roast for the remaining time until the chickpeas are crispy and the pumpkin is cooked through.

5. SUPERBLY STUFFED PORK When the pumpkin and chickpeas have 5-8 minutes remaining, place the pork roll onto the tray with the chickpeas and the pumpkin and roast for the remaining time. On completion, the pork should be soft and cooked through. Remove from the oven and allow to rest for 5 minutes before slicing. Toss the rinsed green leaves with a drizzle of olive oil and some seasoning.

6. SERVICE, CHEF! Plate up the roasted pumpkin chunks and chickpeas, garnish with the remaining parsley, and serve alongside a heap of dressed green leaves. Top the leaves with the stuffed pork rounds and scatter with the toasted pumpkin seeds.

Nutritional Information

Per 100g

Energy	406kJ
Energy	97Kcal
Protein	8.3g
Carbs	9g
of which sugars	3.1g
Fibre	3g
Fat	2.5g
of which saturated	0.6g
Sodium	77mg

Allergens

Allium, Sulphites

Cook
within 2
Days