



U C O O K

— COOKING MADE EASY

ROAST PORK & MUSHROOM SAUCE

with red wine, thyme & roast sweet potato

Pork fillet has a natural saltiness and richness that just isn't matched by other cuts of meat. When roasted in the oven with aromatic rub and paired with lemony broccoli, it's next level taste bliss!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Samantha Finnegan



Health Nut

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Ingredients & Prep

| | |
|------|---|
| 250g | Sweet Potato <i>rinsed & cut into bite-size chunks (skin on)</i> |
| 10ml | Chicken Stock |
| 5ml | Corn Flour |
| 65g | White Button Mushrooms <i>sliced</i> |
| 1 | Garlic Clove <i>peeled & grated</i> |
| 2g | Fresh Thyme <i>rinsed & picked</i> |
| 50ml | De-Alcoholised Red Wine |
| 200g | Broccoli Florets <i>cut into bite-size pieces</i> |
| 150g | Pork Fillet |
| 10ml | NOMU Roast Rub |
| 1 | Lemon <i>one half cut into wedges</i> |

From Your Kitchen

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

1. SHWEET POTATOES Preheat the oven to 200°C. Boil the kettle. Spread out the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through.

2. LUSCIOUS MUSHROOMS Dilute the stock with 65ml of boiling water. Place the corn flour in a bowl and mix in 1 tbsp of diluted stock. Place a pot over a medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the sliced mushrooms for 3-5 minutes until soft and golden, shifting as they colour. Add the grated garlic and rinsed thyme leaves and fry for another minute until fragrant. Stir in the red wine, the remaining diluted stock, and the corn flour mixture. Allow to simmer for 4-5 minutes until reduced to a thick sauce. On completion, turn off the heat and cover with a lid. Leave on the stove to keep warm until serving.

3. CHAR THE BROCCOLI When the sweet potato chunks reach the halfway mark, remove from the oven. Give them a shift and make some space on the tray. Add in the broccoli pieces, coat in oil, and season. Return the tray to the oven for the remaining cooking time. On completion, the sweet potato should be crisping up and the broccoli should be nicely charred.

4. ROAST PORK Pat the pork fillet dry with some paper towel, coat in oil, and season. Place a nonstick pan over a medium-high heat. When hot, sear the pork for 3-4 minutes, shifting as it colours until browned all over but not cooked through. During the final minute, baste the pork with a knob of butter and the Roast Rub. On completion, place in some tinfoil with any juices from the pan. Close up tightly and roast in the oven for 7-9 minutes until cooked to your preference. Remove from the oven on completion and allow to rest inside the tinfoil for 5 minutes before thinly slicing.

5. ALMOST DONE Just before serving, squeeze some lemon juice (to taste) over the charred broccoli.

6. JUICY PORK ROAST Dish up some caramelised sweet potato and lemony, charred broccoli. Place the juicy pork fillet alongside the roast veg and spoon the dairy-free mushroom sauce over it. Serve a lemon wedge on the side and tuck in, Chef!



Chef's Tip

Mushrooms have great nutritional contents and particularly impressive antioxidant levels. Their subtle, meaty flavour can be combined with a wide range of sauces. Or just snack on them raw as a crudité – with dips or spreads.

Nutritional Information

Per 100g

| | |
|--------------------|--------|
| Energy | 339kJ |
| Energy | 81Kcal |
| Protein | 6g |
| Carbs | 10g |
| of which sugars | 2.8g |
| Fibre | 2.1g |
| Fat | 0.9g |
| of which saturated | 0.3g |
| Sodium | 280mg |

Allergens

Allium, Sulphites

Cook
within 2
Days