



UCOOK

Chutney Pork & Roasted Baby Potatoes

with a carrot & tomato salad

Few things go together as well as pork & chutney! This dish features pan-fried pork fillet basted in butter & chutney, served alongside hearty oven-roasted baby potatoes and a zingy carrot & tomato salad.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: UCOOK

 Simple & Save

 Strandveld | First Sighting Rosé

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Ingredients & Prep

750g	Baby Potato <i>rinsed & halved</i>
30ml	Lemon Juice
240g	Carrot <i>rinsed, trimmed & peeled into ribbons</i>
2	Tomatoes <i>rinsed & roughly diced</i>
450g	Pork Fillet
90ml	Mrs Balls Chutney

From Your Kitchen

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

1. ROAST POTATOES Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. ZINGY CARROTS In a salad bowl, combine the lemon juice and 30ml of water. Toss through the carrot ribbons, the diced tomato, a drizzle of olive oil, and seasoning. Set aside.

3. SIZZLING PORK Place a pan (with a lid) over medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 5-6 minutes (shifting as it colours). Cover with a lid and fry until cooked through, 4-5 minutes. In the final minute, baste the pork with a knob of butter and the chutney. Remove from the pan, reserving any pan juices, and rest for 3-5 minutes before slicing and seasoning.

4. TIME TO EAT Plate up the roasted potatoes. Side with the chutney pork slices, drizzle over any pan juices, and serve with the carrot salad. Well done, Chef!



Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	352kJ
Energy	84kcal
Protein	6.4g
Carbs	12g
of which sugars	5g
Fibre	1.3g
Fat	0.9g
of which saturated	0.3g
Sodium	57mg

Allergens

Dairy, Sulphites

Cook
within 2
Days