



UCOOK

Domaine Des Dieux's Fennel Pork Chop

with fresh mint & Danish-style feta cheese

As a Chef, don't you just love it when you discover new and unexpected flavour combinations to surprise and delight the palate? Butter-basted, fennel seed-spiced pork chop is sided with a dried cranberry, cooling mint, creamy feta, & fresh greens salad and oven roasted aubergine. Finished with toasted almonds.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Domaine Des Dieux Winery

Carb Conscious

Domaine Des Dieux | Chardonnay 2019

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Ingredients & Prep

250g	Aubergine <i>rinse, trim & cut into wedges</i>
10g	Almonds <i>roughly chop</i>
220g	Pork Loin Chop
2,5ml	Fennel Seeds
20g	Salad Leaves <i>rinse & roughly shred</i>
10g	Dried Cranberries
3g	Fresh Mint <i>rinse, pick & roughly chop</i>
20g	Danish-style Feta <i>drain & crumble</i>

From Your Kitchen

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

1. ROASTED AUBS Preheat the oven to 220°C. Spread the aubergine wedges on a roasting tray, coat in oil, and season. Roast in the hot oven until softened, 30-35 minutes (shifting halfway).

2. ALL THE ALMONDS Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHOP-CHOP PORK CHOP Pat the pork chop dry with paper towel. Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat to prevent the meat from buckling during frying. Coat in oil, and season. Return the pan to medium-high heat. When hot, sear the pork chop, fat-side down, until the fat is rendered and crispy, for 3-5 minutes. Then, fry until cooked through, for 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the fennel seeds (to taste). Remove from the heat and reserve any pan juices.

4. CRANBERRY & MINT SALAD Place the shredded leaves in a bowl and toss together with the cranberries, ½ the chopped mint, ½ the toasted nuts, a drizzle of olive oil, and season.

5. WHAT A DELIGHT! Plate up the golden aubergine wedges alongside the fennel basted pork. Drizzle with any remaining pan juices. Side with the cranberry salad and sprinkle over the crumbled feta. Finish with a scattering of the remaining mint and nuts.

Nutritional Information

Per 100g

Energy	540kj
Energy	129kcal
Protein	10.1g
Carbs	6g
of which sugars	2.5g
Fibre	2.6g
Fat	6.2g
of which saturated	2.2g
Sodium	84mg

Allergens

Tree Nuts, Cow's Milk

Eat
Within
2 Days