

UCCOOK

Roast Veg Medley & Pork Fillet

with kalamata olives & red pepper pesto cottage cheese

Hands-on Time: 40 minutes

Overall Time: 60 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	317.8kJ	2030.9kJ
Energy	76kcal	485.9kcal
Protein	7g	44.6g
Carbs	6.1g	39g
of which sugars	3g	16.3g
Fibre	2.1g	13.1g
Fat	2.2g	14.2g
of which saturated	0.5g	3.2g
Sodium	104.3mg	666.6mg

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

Spice Level: None

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Beetroot <i>rinse, trim & cut into bite-sized pieces</i>
720g	960g	Carrot <i>rinse, trim, peel & cut into wedges</i>
22.5g	30g	Almonds <i>roughly chop</i>
90ml	120ml	Low Fat Cottage Cheese
30ml	40ml	Pesto Princess Red Pepper Pesto
450g	600g	Pork Fillet
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
30ml	40ml	Lemon Juice
60g	80g	Pitted Kalamata Olives <i>drain & roughly slice</i>

From Your Kitchen

Seasoning (Salt & Pepper)
Water
Paper Towel
Cooking Spray

- 1. ROAST** Preheat the oven to 200°C. Spread the beetroot and the carrots on a roasting tray. Lightly coat in cooking spray and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).
- 2. TOAST** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 3. CREAMY PESTO** In a small bowl, combine the cottage cheese with the pesto. Loosen with water in 5ml increments until drizzling consistency and season.
- 4. FILLET** Place a pan (that has a lid) over medium heat and lightly add cooking spray. 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.
- 5. SALAD** In a salad bowl, combine the salad leaves, the lemon juice (to taste), the almonds, the olives, and season.
- 6. DINNER IS READY** Plate up the roast, side with the pork fillet slices, and the fresh salad. Drizzle over the pesto-cottage cheese. Dig in, Chef!