

# UCCOOK

## Muratie's Pork & Horseradish Sauce

with roasted beetroot & pine nuts

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Muratie Winery

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 410kj    | 2259kj      |
| Energy             | 98kcal   | 540kcal     |
| Protein            | 9.7g     | 53.5g       |
| Carbs              | 9g       | 49g         |
| of which sugars    | 1.4g     | 7.5g        |
| Fibre              | 3.2g     | 17.5g       |
| Fat                | 2.2g     | 12.3g       |
| of which saturated | 0.7g     | 4g          |
| Sodium             | 174mg    | 961mg       |

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

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

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| Serves 1 | [Serves 2] |  |
|----------|------------|--|
| 200g     | 400g       | Beetroot Chunks  |
| 60g      | 120g       | Tinned Lentils<br><i>drain &amp; rinse</i>             |
| 5g       | 10g        | Pine Nuts  |
| 50ml     | 100ml      | Low Fat Plain Yoghurt                                  |
| 15ml     | 30ml       | Horseradish Sauce                                      |
| 150g     | 300g       | Pork Fillet  |
| 10ml     | 20ml       | NOMU Roast Rub   |
| 40g      | 80g        | Salad Leaves<br><i>rinse</i>                           |
| 3g       | 5g         | Fresh Parsley<br><i>rinse, pick &amp; roughly chop</i> |

## From Your Kitchen

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Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Butter

**1. ROAST IT UP** Preheat the oven to 200°C. Place the beetroot on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp. Place the lentils in a bowl, coat in oil and seasoning. When the roast has 10-12 minutes remaining, scatter the lentils over and cook for the remaining time.

**2. PINING AFTER YOU** Place the pine nuts in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and set aside for serving. In a small bowl, combine the yoghurt, the horseradish sauce, a drizzle of olive oil, and seasoning. Set aside for serving.

**3. FRY, FRY, FRY!** Return the pan to medium heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 3-4 minutes on one side. Flip, cover with the lid, lower the heat, and fry until cooked through, 6-8 minutes. During the final 1-2 minutes, baste the pork with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**4. THE MAIN MEAL EVENT!** Lay down a bed of the green leaves and top with the beetroot and crispy lentils. Side with the pork slices and dollop over the horseradish yoghurt. Scatter over the pine nuts and the parsley. Well done, Chef!