



# UCOOK

## Beet & Pork Salad

with crispy kale & walnuts

Some ingredients are just made for each other. Like pork and apple. Or pork and mustard. Or pork and walnuts. With this recipe, we thought - why just one and not all three? The mustard, toasted walnuts, & crisp apple slices are taste matches made in food heaven with these pork chops, which are balanced with earthy roasted beetroot & kale in this second-helping salad.

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**Hands-on Time:** 30 minutes

**Overall Time:** 50 minutes

**Serves:** 3 People

**Chef:** Megan Bure

 Carb Conscious

 Waterkloof | False Bay Cinsault / Mourvèdre Rosé

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## Ingredients & Prep

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600g	Beetroot <i>rinsed, trimmed, peeled (optional) &amp; cut into bite-sized chunks</i>
150g	Kale <i>rinsed &amp; roughly shredded</i>
30g	Walnuts
2	Apples
660g	Pork Loin Chop
22,5ml	NOMU Provençal Rub
45ml	Red Wine Vinegar
30ml	Wholegrain Mustard

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter (optional)  
Sugar/Sweetener/Honey

**1. CAN'T BEET THIS TASTE** Preheat the oven to 200°C. Place the beetroot chunks on a roasting tray. Coat in oil and season. Roast in the hot oven for 35-40 minutes until cooked through and browned. Place the shredded kale on a second roasting tray with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. Set aside.

**2. NUTS ABOUT WALNUTS** Place the walnuts in a pan over medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and roughly chop.

**3. GET DRESSED FOR DINNER** When the beetroot has 10 minutes remaining, give the tray a shift. Pop in the tray of dressed kale and cook for the remaining time until crispy. Slice 1½ of the apples into thin wedges and set aside.

**4. CHOP-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. Return the pan to a medium-high heat with a drizzle of oil. When hot, sear the chop, fat-side down, for 3-5 minutes until the fat is rendered and crispy. Then, fry for 3-4 minutes per side or until cooked through. In the final minute, baste with the rub and a knob of butter (optional).

**5. NEARLY DONE** In a small bowl, combine the vinegar, a drizzle of olive oil, a sweetener of choice (to taste), and seasoning.

**6. PORK DISH PERFECTION** Pile up the roasted kale and beetroot and top with the apple slices. Drizzle over the dressing and sprinkle over the chopped walnuts. Serve with the pork chop and a dollop of the mustard. Enjoy, Chef!

## Nutritional Information

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Per 100g

Energy	351kJ
Energy	84kcal
Protein	8g
Carbs	6g
of which sugars	3.2g
Fibre	2.2g
Fat	2.6g
of which saturated	0.5g
Sodium	123mg

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## Allergens

Sulphites, Tree Nuts

Cook  
within  
4 Days