



# UCCOOK

## Glossy Pork & Vibrant Veg

with caramelised onion, capers & a pickled apple salad

Succulent fried pork is nothing less than sublime when coupled with the saltiness of crispy capers, the fragrance of rosemary-roasted butternut, and the sweetness of caramelised onion – not to mention that zingy apple salad on the side!

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**Hands-On Time:** 20 minutes

**Overall Time:** 45 minutes

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**Serves:** 1 Person


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**Chef:** Ella Nasser

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 **Health Nut**

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## Ingredients & Prep

250g	Butternut Chunks <i>cut into bite-sized pieces</i>
1	Garlic Clove
2g	Fresh Rosemary <i>rinsed</i>
60g	Lentils <i>drained &amp; rinsed</i>
5ml	Chicken Stock
1	Apple <i>rinsed</i>
50ml	Pickling Liquid <i>(30ml White Wine Vinegar &amp; 20ml Honey)</i>
1	Onion <i>peeled &amp; finely sliced</i>
10g	Capers <i>drained</i>
150g	Pork Schnitzel (without crumb)
5ml	Dijon Mustard
20g	Salad Leaves <i>rinsed &amp; roughly shredded</i>

## From Your Kitchen

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

**1. GET IT ALL GOING** Preheat the oven to 200°C. Spread out the butternut pieces, the unpeeled garlic clove, and the rinsed rosemary on a roasting tray. Coat in oil and seasoning, and roast in the hot oven for 30-35 minutes. Place the drained lentils in a bowl with the stock. Add a good drizzle of oil, toss until coated, and set aside. Slice ½ of the rinsed apple into thin wedges and place in a bowl, setting the rest aside for another meal. Pour in the pickling liquid and 10ml of water. Toss to coat and set aside to pickle.

**2. SILKY ONION** Place a nonstick pan over a medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion for 7-9 minutes until soft and caramelised, shifting occasionally. At the halfway mark, stir in a pinch of salt and a sweetener of choice to taste. Remove from the pan, cover to keep warm, and set aside for serving.

**3. THE REST OF THE ROAST** When the butternut reaches the halfway mark, remove from the oven and give it a shift. Scatter over the lentils and the drained capers, spread out in a single layer, and return to the oven for the remaining cooking time. On completion, the butternut should be cooked through and the lentils should be crispy.

**4. SIZZLING PORK** When the butternut has 5 minutes remaining, return the pan to a medium heat with another drizzle of oil. When hot, fry the pork for 1-2 minutes on one side until golden. Flip, add in a knob of butter (optional), and fry for a further 1-2 minutes until cooked through. Remove from the pan, season, and allow to rest for 3 minutes before serving.

**5. DRESS IT UP** For the dressing, combine the flesh of the roast garlic, the Dijon mustard, and 5ml of olive oil in a salad bowl. Drain the pickling liquid from the apple and mix it into the dressing (to taste). Toss through the shredded salad leaves, the apple, and some seasoning.

**6. TIME FOR SUPPER** Plate up the golden pork and cover in caramelised onion. Pile the roast veggies and crunchy salad alongside it. Well done, Chef!



## Chef's Tip

Garlic contains an amino acid called allicin, which possesses antiviral, antifungal, and antibacterial properties. Plus, these little nuggets make any savoury dish just that much more flavourful!

## Nutritional Information

Per 100g

Energy	358kj
Energy	86Kcal
Protein	6g
Carbs	13g
of which sugars	6g
Fibre	2.6g
Fat	0.8g
of which saturated	0.2g
Sodium	104mg

## Allergens

Allium, Sulphites

Cook  
within 2  
Days