



UCCOOK

Minty Peas, Artichokes & Pork Fillet

with almonds & roasted beetroot

Your dinner table will look like a top restaurant once this dish is served, Chef! That's because of the impressive combination of the homemade pea & mint sauce, smeared with elegance on the plate before topping with perfectly cooked pork. Served with an artichoke, feta & almond salad.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

Carb Conscious

Groote Post Winery | Groote Post Merlot

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Ingredients & Prep

10g	Almonds
200g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
100g	Peas
1	Garlic Clove
3g	Fresh Mint
40ml	Low Fat Cottage Cheese
50g	Artichoke Quarters <i>drain & roughly chop</i>
20g	Salad Leaves <i>rinse & roughly shred</i>
20g	Danish-style Feta <i>drain</i>
150g	Pork Fillet

From Your Kitchen

Seasoning (salt & pepper)
Water
Blender
Paper Towel
Butter
Oil (cooking, olive or coconut)

1. ALL THE ALMONDS Preheat the oven to 200°C. 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.

2. BEGIN THE BEETROOT Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

3. MINT SAUCE Return the pan to medium heat with a drizzle of oil. When hot, add the peas and the grated garlic, and fry until fragrant, 2-3 minutes (shifting constantly). Remove from the heat and add to a blender with the picked mint and cottage cheese. Season and pulse until a smooth purée. Add water in 10ml increments if it's too thick for your liking. Cover and set aside.

4. ARTICHOKE SALAD Place the chopped artichokes and shredded leaves into a salad bowl. Toss with the drained feta, ½ the toasted nuts, a drizzle of oil and seasoning. Set aside.

5. PERFECT PORK Place a pan over medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 3-4 minutes (shifting as it colours). In the final minute, baste the pork with a knob of butter. Remove from the pan and pop in the hot oven. Roast for 5-6 minutes until cooked through. Remove from the oven and rest for 3-5 minutes before slicing and seasoning.

6. AMAZING WORK, CHEF! Smear the minty pea purée on one side of the plate and top with the pork slices. Serve roasted beetroot and the dressed salad alongside. Garnish with the remaining nuts.

Nutritional Information

Per 100g

Energy	388kJ
Energy	93kcal
Protein	9.1g
Carbs	6g
of which sugars	1.9g
Fibre	2.5g
Fat	3g
of which saturated	1.1g
Sodium	132mg

Allergens

Cow's Milk, Allium, Sulphites, Tree Nuts

Eat
Within
2 Days