



U C O O K

— COOKING MADE EASY

Chimichurri Pork Fillet

with roast butternut, carrot wedges & hard cheese shavings

Sizzling pork fillet, vibrant roast veg, splashes of chimichurri, and a crisp salad ribboned with hard cheese. Put on your Sunday best, take a seat, and indulge in this wholesome, nostalgic gem.

Hands-On Time: 40 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba

 **Health Nut**

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Ingredients & Prep

500g	Butternut Chunks <i>cut into bite-size pieces</i>
240g	Carrot <i>peeled & cut into wedges</i>
20g	Pumpkin Seeds
160g	Baby Tomatoes <i>rinsed & quartered</i>
300g	Pork Fillet
40g	Salad Leaves <i>rinsed</i>
30ml	Pesto Princess Chimichurri
40g	Italian-Style Hard Cheese <i>peeled into thin shavings</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil
Paper Towel

1. BRIGHT AMBER VEGGIES Preheat the oven to 200°C. Place the butternut pieces and carrot wedges on a roasting tray. Coat in oil, season, and spread out in a single layer. Roast in the hot oven for 30-35 minutes until cooked through and starting to crisp, shifting halfway.

2. TOASTY SEEDS & MARINATED TOMATOES Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan on completion and set aside to cool. Place the quartered baby tomatoes in a salad bowl with a drizzle of olive oil and some seasoning. Toss to coat and set aside.

3. PERFECT PORK FILLET When the veggies reach the halfway mark, return the pan to a medium-high heat. Pat the pork dry with paper towel, coat in oil, and season. When the pan is hot, sear the pork for 4-6 minutes, shifting and turning, until browned but not cooked through. Place in a piece of tinfoil and pour in the juices from the pan. Close up tightly and roast in the oven for 7-8 minutes until cooked through to your preference. Remove from the oven and allow to rest inside the tinfoil for 5 minutes before thinly slicing, reserving the juices from the foil for serving.

4. TOSS THE SALAD & GET THE SAUCE READY Place the rinsed salad leaves in the bowl of baby tomatoes and toss together. Place the chimichurri in a small bowl and loosen with 2 tsp of olive oil.

5. PILE UP A PLATE! Dish up the sliced pork fillet and pour over the reserved meat juices to taste. Side with the roast butternut and carrot and the fresh salad. Scatter the salad with the hard cheese shavings and the toasted pumpkin seeds. Serve with the chimichurri on the side for drizzling over the lot. Nice work, Chef!



Chef's Tip

Pumpkin seeds contain omega-3 and omega-6 fatty acids, antioxidants, fiber, and protein. Their versatility makes them a great addition to your diet – from breakfasts to dinners!

Nutritional Information

Per 100g

Energy	360kJ
Energy	88Kcal
Protein	7.2g
Carbs	7g
of which sugars	2g
Fibre	1.7g
Fat	2.6g
of which saturated	0.8g
Sodium	61mg

Allergens

Egg, Dairy, Allium

Cook
within 2
Days