

UCOOK

Roast Veg Medley & Pork Fillet

with kalamata olives & red pepper pesto cottage cheese

The perfect plate, Chef! A mouthwatering medley of beetroot & carrot are served with a crunchy almond, olive & fresh greens salad, tossed with zesty lemon juice. Completing the plate is a succulent piece of pork fillet, dolloped with cottage cheese infused with Pesto Princess Red Pepper Pesto.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Megan Bure

*New Calorie Conscious

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Ingredients & Prep

300g	Beetroot <i>rinse, trim & cut into bite-sized pieces</i>
480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
20g	Almonds <i>roughly chop</i>
60ml	Low Fat Cottage Cheese
20ml	Pesto Princess Red Pepper Pesto
300g	Pork Fillet
40g	Salad Leaves <i>rinse & roughly shred</i>
20ml	Lemon Juice
40g	Pitted Kalamata Olives <i>drain & roughly slice</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the beetroot pieces and the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. TOAST Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CREAMY PESTO In a small bowl, combine the cottage cheese with the pesto. Loosen with water in 5ml increments until drizzling consistency and season.

4. FILLET Place a pan (that has a lid) over 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, and fry until cooked through, 3-4 minutes. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. SALAD In a salad bowl, combine the shredded salad leaves, the lemon juice (to taste), the toasted almonds, the sliced olives, and season.

6. DINNER IS READY Plate up the roast, side with the pork fillet slices, and the fresh salad. Drizzle over the pesto-cottage cheese. Dig in, Chef!



Chef's Tip

Air fryer method: Coat the beetroot pieces and the carrot wedges in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	321kJ
Energy	77kcal
Protein	7.1g
Carbs	6g
of which sugars	3g
Fibre	2g
Fat	2.2g
of which saturated	0.5g
Sodium	105.4mg

Allergens

Cow's Milk, Allium, Sulphites, Tree Nuts

Eat
Within
2 Days