

UCCOOK

Sweet Chilli Pork Medallions

with roasted sweet potato & crispy kale

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	391kj	2029kj
Energy	93kcal	484kcal
Protein	7.9g	40.7g
Carbs	9g	46g
of which sugars	3g	17g
Fibre	2g	9g
Fat	2.3g	12.2g
of which saturated	1g	5g
Sodium	122mg	634mg

Allergens: Sulphites, Sugar Alcohol (Sweetener), Cow's Milk, Allium

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1

[Serves 2]

250g	500g	Sweet Potato Chunks <i>cut into small bite-sized pieces</i>
50g	100g	Kale <i>rinse & roughly shred</i>
30ml	60ml	Carb Smart Sweet Chilli Sauce
150g	300g	Pork Fillet
7,5ml	15ml	Spicy Rub <i>(5ml [10ml] NOMU BBQ Rub & 2,5ml [5ml] Dried Chilli Flakes)</i>
30ml	60ml	Sour Cream
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Cooking Spray (or oil of your choice)

Paper Towel

1. ROAST Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Lightly coat with cooking spray or a drizzle of oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).□□□

2. KALE In a bowl, lightly spray the kale with cooking spray or a drizzle of oil and season. Massage with your hands until coated. When the roast has 5-8 minutes to go, scatter the kale over and roast for the remaining time until crispy.

3. PORK MEDALLIONS In a small bowl, combine the sweet chilli sauce with 15ml [30ml] of water. Place a pan over medium heat. Pat the pork dry with paper towel and slice into 1cm thick rounds. Lightly coat with cooking spray or a drizzle of oil and the spicy rub. When hot, sear the pork until browned and cooked through, 2-3 minutes per side. In the final 1 minute, baste with the sweet chilli sauce, and remove from the heat.

4. SOME PREP In a bowl, combine the sour cream and ½ of the parsley. Loosen with water in 5ml increments until drizzling consistency.

5. TIME TO EAT Plate up the roast, and top with the pork medallions with all the pan juices. Drizzle over the herby sour cream and garnish with the remaining parsley. Dig in, Chef!