

UCOOK

Mustard Pork & Lentil Salad

with green beans

We've created a recipe that combines a powerful taste trio: pork, apple & mustard! Get ready to blow away your palate with the flavourful fireworks created by an oven-roasted lentil & baby marrow salad with crunchy apple, fresh greens & cooling cucumber. Served with roasted pork basted in butter & wholegrain mustard.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jenna Peoples

Carb Conscious

Strandveld | Grenache

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Ingredients & Prep

60g	Tinned Lentils <i>drain & rinse</i>
100g	Green Beans <i>rinse, trim & cut in half</i>
40ml	Mayo
3g	Fresh Dill <i>rinse, pick & roughly chop</i>
15ml	Lemon Juice
150g	Pork Fillet
10ml	Wholegrain Mustard
1	Apple <i>rinse, peel, core & roughly dice ½</i>
100g	Cucumber <i>rinse & roughly dice</i>
20g	Salad Leaves <i>rinse & shred</i>

From Your Kitchen

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

1. LEKKER LENTILS Preheat the oven to 200°C. Spread the drained lentils on a roasting tray, coat in oil, and season. Roast until golden and crispy, 10-15 minutes.

2. ROASTED BEANS Coat the rinsed green beans in oil and season. When the lentils have 5-8 minutes remaining, scatter over the green beans and roast for the remaining time until lightly golden but still crunchy.

3. DILL-ICIOUS MAYO In a small bowl, combine the mayo with the chopped dill, ½ the lemon juice (to taste), and seasoning. Loosen with water in 5ml increments until drizzling consistency.

4. MUSTARDY 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 and the mustard. Remove from the pan with all the pan juices 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.

5. APPLE & GREEN BEAN SALAD In a bowl, combine the apple chunks, the diced cucumber, the roast, and the shredded leaves. Toss with the remaining lemon juice and seasoning.

6. PERFECTION! Serve up the mustardy pork slices alongside the loaded green beans salad. Drizzle over the dill mayo and dig in, Chef!

Nutritional Information

Per 100g

Energy	445kJ
Energy	106kcal
Protein	7.2g
Carbs	10g
of which sugars	4.6g
Fibre	2.9g
Fat	4.3g
of which saturated	0.5g
Sodium	55mg

Allergens

Sulphites, Cow's Milk

Eat
Within
2 Days