

Eat Within 2 Days

UCOOK

Bacon-wrapped Pork Fillet

with apricot glaze & goat's cheese salad

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Carb Conscious: Serves 1 & 2

Chef: Tiisetso Maema

Wine Pairing: Nitída | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	667kJ	2964kJ
Energy	160kcal	709kcal
Protein	12.7g	56.3g
Carbs	8g	37g
of which sugars	5.6g	25g
Fibre	1.2g	5.5g
Fat	9.3g	41.1g
of which saturated	3g	13.2g
Sodium	325mg	1445mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
5ml	10ml	Brown Sugar
7.5ml	15ml	NOMU Cajun Rub
150g	300g	Pork Fillet
2 strips	4 strips	Streaky Pork Bacon
20ml	40ml	Apricot Jam
15ml	30ml	Wholegrain Mustard
10ml	20ml	Lemon Juice
40g	80g	Salad Leaves *rinse & roughly shred*
100g	200g	Cucumber *rinse & cut into half-moons*
20g	40g	Sun-dried Tomatoes *drain & roughly chop*
25g	50g	Chevin Goat's Cheese
10g	20g	Almonds

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey
Butter
Toothpick

1. BROWN SUGAR & BACON Preheat the oven to 200°C. In a bowl, combine the NOMU rub with the brown sugar. Pat the pork dry with paper towel and rub with the brown sugar mix. Wrap the bacon around the pork fillet and secure with toothpicks.

2. BUTTER & JAM GLAZE Place the saucepan over medium heat with a knob of butter and the apricot jam. Heat this mixture until the butter melts. Stir continuously to combine the apricot jam and butter fully, emulsify, and create a glaze, 1-2 minutes. Once combined, remove from the heat and set aside.

3. PERFECT PORK Place a pan over medium-high heat with a drizzle of oil. When hot, sear the bacon-wrapped pork until browned, 2-3 minutes on all sides, starting with the side where the ends of the bacon meet to seal the bacon around the pork fillet. Remove from the pan and brush with ¾ of the apricot glaze. Air fry at 200°C until cooked through, 8-10 minutes. Remove from the oven, drizzle over the remaining glaze, and rest for 3-5 minutes before slicing and seasoning. Alternatively, roast the pork fillet in the oven at 200°C for 8-10 minutes.

4. MMMUSTARD DRESSING In a bowl, combine the mustard, lemon juice, and sweetener (to taste) with a drizzle of olive oil. Mix until everything is emulsified, then toss the salad leaves in the dressing until well coated.

5. WHAT A FEAST Plate up the salad leaves, top with the cucumber, sun-dried tomatoes and goat's cheese. Sprinkle with the almond flakes and place the pork fillet alongside the salad. Excellent work, Chef!

Chef's Tip 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.