



UCOOK

Classic Pork & Pear

with mashed potato & long stem broccoli

Pan fried pork fillet in a pear, onion, sage and mustard jus, all atop a bed of fluffy mashed potato and sided with crunchy long stem broccoli. Finish off this beauty with toasted flaked almonds and lemon - there you go!

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Alex Levett

 Easy Peasy

 Anthonij Rupert | L'Ormarins Brut Classique NV

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Ingredients & Prep

200g	Potato <i>peeled & cut into bite-sized chunks</i>
10g	Flaked Almonds
150g	Pork Fillet
1	Onion <i>½ peeled & finely diced</i>
1	Pear <i>cored & cut into thin wedges</i>
5g	Fresh Sage <i>rinsed, picked & dried</i>
5ml	Beef Stock
5ml	Dijon Mustard
1	Lemon <i>½ zested & cut into wedges</i>
75g	Long Stem Broccoli <i>rinsed</i>

From Your Kitchen

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

1. MASH Place a pot of cold salted water over a high heat. Add the chopped potatoes and bring to the boil. Once boiling, reduce the heat and simmer for 10-15 minutes until soft. Drain on completion, and mash with a potato masher or fork until smooth. Then, stir through a splash of milk or water and a knob of butter or a drizzle of oil. Season and cover to keep warm.

2. NUTS Place the flaked almonds in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion.

3. PORK Return the pan to a medium-high heat. Pat the pork fillet dry with paper towel, coat in oil, and season to taste. When the pan is hot, sear the pork for 3-4 minutes, shifting and turning as it colours. On completion, it should be browned but not cooked through. Remove the pork from the pan.

4. SAUCE Boil the kettle. Return the pan to a medium heat with another drizzle of oil, if necessary. Once hot, add the diced onion, the pear wedges and the picked sage leaves. Sauté for 4-5 minutes until the pear has slightly softened. Mix through the stock, 25ml of boiling water and the Dijon mustard. Add the pork fillet and simmer for 7-8 minutes until the sauce has reduced by ⅓ and the pork is fully cooked. Season with a squeeze of lemon juice and salt and pepper. Remove from the heat and cover to keep warm. Remove the pork from the sauce and leave to rest for 5 minutes. Slice and lightly season the slices.

5. BROCCOLI Place a pot on a medium-high heat and fill with salted water. When boiling, blanch the long stem broccoli for 1-2 minutes. Drain and season with salt, pepper, some lemon zest and a drizzle of olive oil.

6. DIG IN! Plate up a mound of fluffy mash and top with the juicy pork fillet and luscious pear sauce. Serve the long stem broccoli on the side with a squeeze of lemon juice. Garnish with the toasted almonds. Tuck in!



Chef's Tip

To stop the pears browning once sliced, place the wedges into a bowl of cold water with a squeeze of lemon juice.

Nutritional Information

Per 100g

Energy	350kj
Energy	84Kcal
Protein	7g
Carbs	11g
of which sugars	2.6g
Fibre	2.5g
Fat	1.8g
of which saturated	0.4g
Sodium	122mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 2
Days