

# 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.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People

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**Chef:** Jenna Peoples

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Carb Conscious

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Strandveld | Grenache

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## Ingredients & Prep

240g	Tinned Lentils <i>drain &amp; rinse</i>
400g	Green Beans <i>rinse, trim &amp; cut in half</i>
160ml	Mayo
10g	Fresh Dill <i>rinse, pick &amp; roughly chop</i>
60ml	Lemon Juice
600g	Pork Fillet
40ml	Wholegrain Mustard
2	Apples <i>rinse, peel, core &amp; roughly dice</i>
400g	Cucumber <i>rinse &amp; roughly dice</i>
80g	Salad Leaves <i>rinse &amp; 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, 5-6 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