

UCCOOK

Pork Fillet & Butternut Salad

with roasted butternut

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

Chef: Megan Bure

Nutritional Info

	Per 100g	Per Portion
Energy	341kj	2014kj
Energy	82kcal	482kcal
Protein	8.4g	49.7g
Carbs	6g	36g
of which sugars	2g	11g
Fibre	2g	9g
Fat	2.1g	12.4g
of which saturated	1g	6.1g
Sodium	73mg	428mg

Allergens: Cow's Milk, Allium

Spice Level: None



Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1		[Serves 2]
200g	400g	Butternut Chunks <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
50g	100g	Peas
1	2	Garlic Clove/s <i>peel & roughly chop</i>
40ml	80ml	Low Fat Cottage Cheese
100g	200g	Cucumber <i>rinse & cut into thin rounds</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Danish-style Feta <i>drain</i>
150g	300g	Pork Fillet

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Paper Towel
Blender
Water

1. BEGIN THE BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Lightly coat with cooking spray or oil (optional) and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. PEA PUREE Place a pan over medium heat and lightly coat with cooking spray or a drizzle of oil. When hot, add the peas and the garlic, and fry until fragrant, 2-3 minutes (shifting constantly). Remove from the heat and add to a blender with the cottage cheese. Season and pulse until a smooth purée. Add water in 10ml increments if it's too thick for your liking. Cover and set aside.

3. FETA SALAD Place the cucumber and salad leaves into a salad bowl. Toss with the feta and seasoning. Set aside.

4. PERFECT PORK Place a pan (that has a lid) over medium heat. Pat the pork dry with paper towel and lightly coat with cooking spray or oil (optional). When hot, sear the pork until browned, 3-4 minutes on one side. Flip, cover with the lid, lower the heat, and fry until cooked through, 6-8 minutes. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. A GREAT PLATE Smear the pea purée on one side of the plate and top with the pork slices. Serve the roasted butternut and the dressed salad alongside.