

UCCOOK

Beetroot Purée & Pork Fillet

with an artichoke side salad

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Groote Post Winery | Groote Post-Sauvignon Blanc

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 425kJ | 2145kJ |
| Energy | 102kcal | 513kcal |
| Protein | 9.7g | 49g |
| Carbs | 6g | 29g |
| of which sugars | 1.1g | 5.7g |
| Fibre | 2.1g | 10.4g |
| Fat | 3.9g | 19.9g |
| of which saturated | 1.8g | 9.1g |
| Sodium | 319mg | 1613mg |

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3

[Serves 4]

| | | |
|------|------|---|
| 450g | 600g | Beetroot <i>rinse, peel & cut into bite-sized chunks</i> |
| 120g | 160g | Danish-style Feta <i>drain</i> |
| 8g | 10g | Fresh Mint <i>rinse & roughly chop</i> |
| 180g | 240g | Butter Beans <i>drain & rinse</i> |
| 15g | 20g | Almonds |
| 450g | 600g | Pork Fillet |
| 30ml | 40ml | NOMU Italian Rub |
| 60g | 80g | Salad Leaves <i>rinse & roughly shred</i> |
| 150g | 200g | Artichoke Quarters <i>drain & roughly chop</i> |
| 60g | 80g | Pickled Onions <i>drain & cut into thin rounds</i> |

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Blender

Butter (optional)

Tinfoil

Paper Towel

1. BLEND THE BEETS Place the beetroot in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and place the beetroot in a blender, along with the feta, the mint and the butter beans and blend until smooth. Loosen with water until desired consistency. Season and cover.

2. CRUNCH FACTOR Place the almonds in a pan (that has a lid) over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. NOMU-SPICED PORK Return the pan to medium heat with a drizzle of olive oil. Pat the pork dry with paper towel. 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. During the final 1-2 minutes, baste the pork with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. FIVE-STAR MEAL Plate up the salad leaves, topped with the artichoke, the pickled onion and the almonds. Dress with a drizzle of olive oil (optional). Side the salad with a smear of the butter bean and beet purée, topped with the pork slices. Dig in, Chef!