



UCOOK

Lemon-crusted Pork

with roasted baby tomatoes, chickpeas & green beans

A perfect protein-packed dinner! Pork fillet crusted with a gluten-free lemon crumb; ground almonds, Italian-style cheese, lemon zest, and fresh parsley. Served with roasted chickpeas, baby tomato, green beans, and black beans, and sided with fluffy bulgar wheat.

Hands-On Time: 15 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

♥ Health Nut

🍷 Fat Bastard | Chenin Blanc

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Ingredients & Prep

60g	Chickpeas <i>drained & rinsed</i>
80g	Baby Tomatoes <i>halved</i>
60g	Black Beans <i>drained & rinsed</i>
80g	Green Beans <i>rinsed & trimmed</i>
1	Garlic Clove <i>peeled & grated</i>
75ml	Bulgur Wheat
150g	Pork Fillet
20ml	Ground Almonds
15ml	Grated Italian-style Hard Cheese
4g	Fresh Parsley <i>rinsed & roughly chopped</i>
1	Lemon <i>½ zested & cut into wedges</i>
10ml	Dijon Mustard

From Your Kitchen

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

1. ONE TRAY GOODNESS Preheat the oven to 200°C. Boil the kettle. Place the rinsed chickpeas and the halved baby tomatoes on a roasting tray, coat in oil and seasoning. Pop in the hot oven and roast for 15-20 minutes, until the chickpeas are crispy and the tomatoes are starting to char. In a bowl, combine the drained black beans, trimmed green beans, and grated garlic, with a drizzle of oil and seasoning.

2. BULGAR WHEAT Using a shallow bowl, submerge the bulgur wheat in 100ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 15-20 minutes until cooked and tender. Fluff up with the fork on completion, replace the plate, and set aside.

3. PORK FILLET When the chickpeas and tomatoes have 8-10 minutes remaining, scatter the dressed beans over the tray and roast for the remaining time until beginning to crisp. Place a nonstick pan over a medium-high heat. Pat the pork fillet dry with some paper towel, coat in oil, and season. When the pan is hot, sear the pork for 4-6 minutes, shifting and turning as it colours. On completion, it should be browned all over but not cooked through. Finish it off in the oven for 7-9 minutes until cooked through. Remove from the oven and allow to rest for 5 minutes.

4. GOLDEN CRUMB Return the pan to a medium-high heat. Add the ground almonds and fry for 1-2 minutes until lightly toasted. Remove from the heat and add the grated cheese, ¾ of the chopped parsley, the lemon zest and seasoning. Mix until fully combined.

5. ON A ROLL When the pork is finished resting, lightly coat in the dijon mustard using a spoon or knife. Roll the mustard-basted fillet through the ground almond mix until well coated. Gently slice and season.

6. DIG IN! Plate up the loaded roast veg. Side with the bouncy bulgar wheat, the crusted fillet slices and garnish with the remaining chopped parsley. Serve with a lemon wedge. Well done, Chef!



Chef's Tip

Draining and rinsing tinned beans before use reduces the amount of sodium you're adding to your meal. It also reduces the complex sugar content (which humans can't digest!) and improves the texture of the food.

Nutritional Information

Per 100g

Energy	554kJ
Energy	132Kcal
Protein	10.6g
Carbs	15g
of which sugars	1.3g
Fibre	3.8g
Fat	3.1g
of which saturated	0.7g
Sodium	3mg

Allergens

Egg, Gluten, Dairy, Allium, Wheat,
Sulphites, Tree Nuts

Cook
within 2
Days