

Eat Within 2 Days

# QCOOK

## Sweet Chilli Pork Medallions

**with roasted potato & crispy kale**

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

**Calorie Conscious:** Serves 1 & 2

**Chef:** Kate Gomba

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 366kJ | 1886kJ |
| Energy | 88kcal | 451kcal |
| Protein | 8.5g | 43.8g |
| Carbs | 8g | 42g |
| of which sugars | 1g | 4g |
| Fibre | 2g | 11g |
| Fat | 2.5g | 12.7g |
| of which saturated | 1g | 5.1g |
| Sodium | 66mg | 339mg |

**Allergens:** Sulphites, Sugar Alcohol (Sweetener), Cow's Milk, Allium

**Spice Level:** Mild

**Ingredients & Prep Actions:**

| Serves 1 | [Serves 2] | |
|---|---|---|
| 200g | 400g | Potato<br>*rinse & cut into bite-sized pieces* |
| 100g | 200g | Kale<br>*rinse & roughly shred* |
| 30ml | 60ml | Carb Smart Sweet Chilli Sauce |
| 150g | 300g | Pork Fillet |
| 7,5ml | 15ml | Spicy Rub<br>*(5ml [10ml] NOMU BBQ Rub & 2,5ml [5ml] Dried Chilli Fllakes)* |
| 30ml | 60ml | Sour Cream |
| 3g | 5g | Fresh Parsley<br>*rinse, pick & finely chop* |

**From Your Kitchen**

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

1. ROAST Preheat the oven to 200°C. Spread the potatoes on a roasting tray. Lightly coat with cooking spray or a drizzle of oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. KALE In a bowl, lightly spray the kale with cooking spray and season. Massage with your hands until coated. When the roast has 5-8 minutes to go, scatter the kale over and roast for the remaining time until crispy.

3. PORK MEDALLIONS In a small bowl, combine the sweet chilli sauce with 15ml [30ml] of water. Place a pan over medium heat. Pat the pork dry with paper towel and slice into 1cm thick rounds. Lightly coat with cooking spray or a drizzle of oil and the spicy rub. When hot, sear the pork until browned and cooked through, 2-3 minutes per side. In the final 1 minute, baste with the sweet chilli sauce, and remove from the heat.

4. SOME PREP In a bowl, combine the sour cream and ½ of the parsley. Loosen with water in 5ml increments until drizzling consistency.

5. TIME TO EAT Plate up the roast, and top with the pork medallions with all the pan juices. Drizzle over the herby sour cream and garnish with the remaining parsley. Dig in, Chef!