

UCCOOK

Roast Veg & Harissa Pork

with pearled barley

Hands-on Time: 35 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Jade Summers

Nutritional Info	Per 100g	Per Portion
Energy	396.8kJ	1985.4kJ
Energy	94.9kcal	474.7kcal
Protein	8.3g	41.7g
Carbs	10.6g	53g
of which sugars	2.1g	10.6g
Fibre	2.6g	13.2g
Fat	2g	9.9g
of which saturated	0.5g	2.3g
Sodium	84.1mg	420.7mg

Allergens: Sulphites, Gluten, Wheat, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
8g	10g	Fresh Mint <i>rinse, pick & roughly chop</i>
15ml	20ml	NOMU Roast Rub
60ml	80ml	Pesto Princess Harissa Paste
450g	600g	Pork Fillet
150ml	200ml	Pearled Barley
2	2	Onion <i>peel & cut 1½ [2] into wedges</i>
240g	320g	Patty Pans <i>rinse, trim & cut into bite-sized pieces</i>
2	2	Bell Pepper <i>rinse, deseed & cut 1½ [2] into bite-sized pieces</i>

From Your Kitchen

Cooking Spray
Seasoning (Salt & Pepper)
Water
Paper Towel

1. VEGGIE MEDLEY Preheat the oven to 200°C. Spread the onion on a roasting tray. Lightly add cooking spray and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). When the onion has reached the halfway mark, scatter over the bell pepper and patty pans. Lightly add cooking spray, and season. Roast for the remaining time. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. BEGIN THE BARLEY Place the pearled barley in a pot with 750ml [1L] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 25-30 minutes (stirring occasionally). Drain and cover.

3. PERFECT PORK Place a pan over medium-high heat. Pat the pork dry with paper towel, lightly add cooking spray, and the NOMU rub. When hot, sear the pork until browned, 5-6 minutes (shifting as it colours). Remove from the pan 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.

4. ALMOST THERE To a bowl, add the harissa and loosen with a splash of water until drizzling consistency. To a separate bowl, add the barley, roasted veg, and seasoning.

5. AMAZING! Plate up the harissa barley, and top with the pork fillet. Drizzle over the loosened harissa, and garnish with the mint.