



UCOOK

Chimichurri Pork Fillet Roast

with crispy carrot and chickpeas, red quinoa & feta

The subtle zing of chimichurri dressing animates this hearty roast: pork basted with butter and a blend of North African spices, julienne carrot, and chickpeas. With nutty quinoa, green beans, soft feta, and tangy dried cranberries.

Hands-On Time: 40 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Fatima Ellemdeen



Health Nut



Delheim Wines | Shiraz/Cabernet Sauvignon

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Ingredients & Prep

240g	Chickpeas <i>drained & rinsed</i>
300g	Julienne Carrot
40ml	NOMU Moroccan Rub
400ml	Red Quinoa
20ml	Vegetable Stock
40g	Sunflower Seeds
400g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
600g	Pork Fillet
60g	Dried Cranberries <i>roughly chopped</i>
60ml	Pesto Princess Chimichurri
80g	Green Leaves <i>rinsed</i>
160g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. THE ROAST Preheat the oven to 180°C. Place the drained chickpeas and julienne carrot on a roasting tray. Coat in oil, ½ of the Moroccan Rub, and some seasoning. Spread out evenly and roast in the hot oven for 20-25 minutes until crispy.

2. RUBY QUINOA Rinse the quinoa, place in a pot with the stock, and stir through 800ml of water. Place over a medium-high heat and bring to a simmer uncovered. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Cover with a lid and allow to stand off the heat for at least 5 minutes.

3. MIX, TOAST & BLANCHE Place the chimichurri in a small bowl and gradually mix with oil in 5ml increments until drizzling consistency. Set aside for serving. Place a large, nonstick pan over a medium heat. When hot, toast the sunflower seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Return the pan to a medium-high heat with a drizzle of oil and a splash of water. Once bubbling, simmer the sliced green beans for 4-5 minutes until cooked al dente. Transfer to a large salad bowl and season. Cover to keep warm and set aside.

4. ELEGANT SPICES Return the pan to a medium-high heat. Pat the pork dry with paper towel, coat in oil, and season. When the pan is hot, sear the pork for 5-7 minutes, shifting as it colours, until browned but not cooked through. During the final minute, baste with a knob of butter and the remaining Moroccan Rub. On completion, place in a piece of tinfoil and pour in any juices from the pan. Close up tightly and roast in the oven for 7-9 minutes until cooked through to your preference. Remove from the oven on completion and allow to rest inside the tinfoil for 5 minutes.

5. LET'S FINISH When the roast veg is done, add to the green beans. Toss through the quinoa and ¾ of the chopped cranberries until distributed, and set aside. Toss the rinsed green leaves with some olive oil and seasoning. Slice the pork, reserving the juices for serving.

6. LET'S EAT Make a pile of quinoa salad, top with the spiced pork, and side with the dressed leaves. Crumble over the drained feta and drizzle with chimichurri dressing. Garnish with the toasted seeds and remaining cranberries. That's a wrap!

Nutritional Information

Per 100g

Energy	722kj
Energy	175Kcal
Protein	11g
Carbs	18g
of which sugars	3.1g
Fibre	4.1g
Fat	5.9g
of which saturated	1.8g
Sodium	409mg

Allergens

Dairy, Allium, Sulphites

Cook
within 2
Days