



UCOOK

Luscious Pork Fillet Medallions

with mushroom sauce, gem squash & green beans

Succulent pork fillet and luxurious mushroom sauce: a foodie's true dream team! Add a basting of butter and spice, al dente green beans, sumptuous gem mash, and a toasted seed salad, and you're A for away! Would you believe it's healthy too!?

Hands-On Time: 20 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Samantha Finnegan

♥ Health Nut

🍷 Haute Cabrière | Pinot Noir Réserve

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Ingredients & Prep

| | |
|-------|--|
| 2 | Gem Squash |
| 20g | Pumpkin & Sunflower Seed Mix |
| 160g | Green Beans <i>rinsed, trimmed & sliced into thirds</i> |
| 80g | Green Leaves <i>rinsed</i> |
| 300g | Pork Fillet |
| 10ml | NOMU One For All Rub |
| 125g | Button Mushrooms <i>wiped clean & roughly sliced</i> |
| 1 | Garlic Clove <i>peeled & grated</i> |
| 120ml | Honey-Mustard Sauce <i>(80ml Greek Yoghurt, 30ml Wholegrain Mustard & 10ml Honey)</i> |

From Your Kitchen

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

1. GEM MASH Place the gem squash in a pot, fully submerged in salted water, and place over a high heat. Once boiling, cook for 20-25 minutes until easily pierced through with a knife. Remove from the pot on completion but keep the boiling water in the pot. Cut the gem squash in half – take care not to burn yourself! Scoop out the seeds and discard, then scoop out the flesh and place in a bowl. Add in a small knob of butter (optional) or a drizzle of oil and some seasoning. Mash with a fork until the flesh is smooth and the butter, if used, has melted. Cover to keep warm until serving.

2. TOAST TIME! Place the pumpkin and sunflower seeds mix in a pan over a medium heat. Toast for 2-4 minutes until beginning to pop and turn brown. Remove from the pan on completion and set aside to cool.

3. GREEN BEANS Bring the pot of water back up to a rapid boil and blanch the sliced green beans for 2-3 minutes until cooked al dente. Drain on completion and run under cold water to stop the cooking process. Place in a salad bowl. Just before serving, add the green leaves to the salad bowl with 10ml of olive oil, season and toss to combine.

4. MEDALLIONS Pat the pork dry with some paper towel, slice into 2-3cm thick medallions and lightly coat in oil. Replace the pan over a medium-high heat. When hot, sear the pork for 2-4 minutes in total until browned and cooked through. During the final minute, baste with a knob of butter and the All For One rub to taste. Remove from the pan to rest for 5 minutes, reserving any pan juices.

5. DAT SAUCE Wipe down the pan and return it to medium heat with another drizzle of oil. When hot, fry the mushrooms for 4-5 minutes until soft and golden, shifting as they colour. Add the grated garlic to the mushrooms and fry for a further 30-60 seconds until fragrant, shifting constantly. Stir through the honey-mustard sauce and 2 tsp of water until combined. Gently simmer for 3-4 minutes until thickened, stirring occasionally. Season to taste and remove the pan from the heat.

6. INDULGING Plate up the gem squash mash, alongside the fragrant pork medallions and green salad. Drizzle over the meat juices to taste. Pour the creamy mushroom sauce over the pork and sprinkle the toasted seeds on the salad. You're a natural Chef!

Nutritional Information

Per 100g

| | |
|--------------------|--------|
| Energy | 338kJ |
| Energy | 81Kcal |
| Protein | 8.3g |
| Carbs | 5g |
| of which sugars | 2.2g |
| Fibre | 1.8g |
| Fat | 2.4g |
| of which saturated | 0.6g |
| Sodium | 82mg |

Allergens

Dairy, Allium, Sulphites

Cook
within 2
Days