



UCCOOK

Spicy Chimichurri Pork Fillet

with roast butternut & an apple slaw

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Waterford Estate | Waterford Grenache Noir

Nutritional Info

	Per 100g	Per Portion
Energy	399kJ	2860kJ
Energy	95kcal	684kcal
Protein	5.9g	42.1g
Carbs	9g	65g
of which sugars	4.7g	33.6g
Fibre	1.9g	13.7g
Fat	4.3g	31g
of which saturated	0.8g	5.9g
Sodium	63mg	455mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut Chunks <i>cut into bite-sized pieces</i>
150g	300g	Pork Fillet
10ml	20ml	NOMU One For All Rub
30ml	60ml	White Wine Vinegar
5ml	10ml	Dried Chilli Flakes
30g	60g	Sun-dried Tomatoes <i>drain & roughly chop</i>
1	1	Apple <i>rinse, peel, core & cut ½ [1] into matchsticks</i>
30ml	60ml	Pesto Princess Chimichurri Sauce
1	2	Spring Onion/s <i>rinse, trim & finely slice</i>
15g	30g	Pecan Nuts <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey
Butter

1. BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in 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. PERFECT PORK FILLET When the butternut is halfway, place a pan (that has a lid) over medium heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 3-4 minutes on one side. Flip, cover with the lid, lower the heat, and fry until cooked through, 6-8 minutes. During the final 1-2 minutes, baste the pork with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. SPECTACULAR SALAD In a salad bowl, combine the vinegar with a sweetener (to taste), the chilli flakes (to taste), a drizzle of olive oil and season. Add the sun-dried tomatoes and apple and toss until fully coated.

4. GRAB A FORK, LET'S EAT THIS PORK! Dish up the juicy pork slices and drizzle over the chimichurri sauce. Side with the roasted butternut and the sun-dried tomato and apple salad. Garnish with the spring onions slices and pecan nuts. Dig in, Chef!

Chef's Tip Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.