



UCOOK

Vibrant Chimichurri Pork

with roast butternut & a fresh cabbage and apple slaw

Juicy pork fillet slices drizzled in a homemade chimichurri sauce. Served alongside garlicky roasted butternut and a spectacular apple slaw. Sweet, tart, crunchy. It's perfect.

Hands-on Time: 35 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Hannah Duxbury

 Fan Faves

 Waterford Estate | Waterford Rose-Mary 2022

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1kg	Butternut Chunks <i>cut into bite-sized pieces</i>
2	Garlic Cloves <i>peeled & grated</i>
80g	Mixed Herbs <i>(40g Fresh Parsley & 40g Fresh Coriander)</i>
20ml	Dried Chilli Flakes
120ml	White Wine Vinegar
600g	Pork Fillet
40ml	NOMU One For All Rub
200g	Cabbage <i>thinly sliced</i>
2	Apples <i>chopped into matchsticks</i>
4	Spring Onions <i>finely sliced</i>
60g	Pecan Nuts <i>roughly chopped</i>

From Your Kitchen

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

1. BUTTERNUT Preheat the oven to 200°C. Place the butternut pieces on a roasting tray, coat in oil, ½ the grated garlic, and seasoning. To make sure they do get crispy, don't overcrowd the tray – use two trays instead! Roast in the hot oven for 35-40 minutes until cooked through and crisping up, shifting halfway.

2. CHARMING CHIMICHURRI Rinse and roughly chop the mixed herbs. In a bowl, combine the chopped herbs, the chilli flakes (to taste), the remaining garlic, seasoning, and ½ the white wine vinegar. Slowly whisk in oil until a drizzling consistency.

3. PERFECT PORK FILLET When the butternut is halfway, place a nonstick pan over a medium-high heat. Pat the pork fillets dry with some paper towel. Coat in oil, and seasoning. When the pan is hot, sear the pork for 5-7 minutes, shifting and turning as it colours. In the final minute, baste with a knob of butter and the rub. On completion, it should be browned all over but not cooked through. Remove from the pan and wrap in a piece of tinfoil. Finish it off in the oven for 9-10 minutes until cooked to your preference. Remove on completion and allow to rest inside the tinfoil for 5 minutes before thinly slicing.

4. SPECTACULAR SLAW In a salad bowl, whisk the remaining white wine vinegar, 2 tsp of a sweetener of choice, a drizzle of olive oil and some seasoning. Add the sliced cabbage and apple matchsticks and toss until fully coated.

5. GRAB A FORK, LET'S EAT THIS PORK! Dish up the juicy pork slices and drizzle over the charming chimichurri sauce. Side with the roasted butternut and the cabbage & apple slaw. Garnish with the spring onions slices and chopped pecan nuts. Dig in, Chef!



Chef's Tip

If you want to toast the pecans, place them in a pan over a medium heat for 3-5 minutes until golden brown, shifting occasionally.

Nutritional Information

Per 100g

Energy	342kj
Energy	82kcal
Protein	5.9g
Carbs	8g
of which sugars	3.4g
Fibre	2g
Fat	2.4g
of which saturated	0.4g
Sodium	61mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 2
Days