



UCCOOK

Beetroot & Feta Pork Rump

with pecan nuts

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Ella Nasser

Nutritional Info

	Per 100g	Per Portion
Energy	322kj	2840kj
Energy	77kcal	679kcal
Protein	5.4g	47.6g
Carbs	7g	65g
of which sugars	3.8g	33.6g
Fibre	1.7g	15.3g
Fat	2.6g	22.6g
of which saturated	0.8g	7.3g
Sodium	297mg	2617mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot Chunks
15ml	200ml	Greek Seasoning
30g	40g	Pecan Nuts <i>roughly chop</i>
2	2	Onions <i>peel & roughly slice</i>
450g	600g	Pork Rump
75ml	100ml	Balsamic & Mustard <i>(45ml [60ml] Balsamic Vinegar & 30ml [40ml] Wholegrain Mustard)</i>
2	2	Garlic Cloves <i>peel & grate</i>
15ml	20ml	Dried Thyme
45ml	60ml	Lemon Juice
2	2	Apples <i>rinse, core & slice ½ [1] into thin wedges</i>
300g	400g	Baby Marrow <i>rinse, trim & peel into ribbons</i>
90g	120g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and the Greek seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. TOAST 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.

3. CARAMELISED ONION Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener (to taste). Remove from the pan, season, and cover.

4. PORK Place a pan over medium-high heat with a drizzle of oil. Pat the pork dry with paper towel and coat with the balsamic & mustard, garlic, and thyme. When hot, sear the pork until browned, 4-5 minutes (shifting as it colours). In the final minute, baste the pork with a knob of butter. Remove from the pan, wrap up in tinfoil and pop in the hot oven. Roast for 6-8 minutes until cooked through. Remove from the oven and rest for 3-5 minutes before slicing and seasoning.

5. SALAD In a salad bowl, combine the lemon juice with 30ml [40ml] of olive oil. Add the apple, the baby marrow, the feta, the nuts, toss to combine, and season.

6. DINNER IS READY Plate up the beetroot, side with caramelised onion, and add the pork slices over the onion. Serve alongside the apple salad and enjoy, Chef!