



# QCOOK

## Sun-dried Tomato Pesto Pork

with crispy chickpeas & cauliflower

**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Megan Bure

**Wine Pairing:** Creation Wines | Creation Sauvignon Blanc/Semillon

Nutritional Info	Per 100g	Per Portion
Energy	448kj	2952kj
Energy	107kcal	706kcal
Protein	8.1g	53.4g
Carbs	8g	52g
of which sugars	2.1g	14.1g
Fibre	2.4g	16.1g
Fat	3.8g	25.3g
of which saturated	1g	6.9g
Sodium	119mg	787mg

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

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
360g	480g	Chickpeas <i>drain &amp; rinse</i>
2	2	Onions <i>peel, cut into wedges &amp; separate the petals</i>
300g	400g	Cauliflower Florets <i>rinse &amp; cut into bite-sized chunks</i>
15ml	20ml	Dried Oregano
240g	320g	Baby Tomatoes <i>rinse &amp; halve</i>
60g	80g	Danish-style Feta <i>drain</i>
60ml	80ml	Pesto Princess Sun-dried Tomato Pesto
30ml	40ml	Red Wine Vinegar
450g	600g	Pork Fillet
30ml	40ml	NOMU One For All Rub

## From Your Kitchen

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

**1. VEGGIE MEDLEY** Preheat the oven to 200°C. Spread the chickpeas, onion, and cauliflower on a roasting tray. Coat in oil, the oregano, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 25-30 minutes (shifting halfway).

**2. MMMARINADE** In a bowl, toss the tomatoes and feta with the pesto, vinegar and seasoning. Set aside.

**3. NOMU-SPICED PORK** When the roast has been in the oven for 15-20 minutes, pat the pork dry with paper towel, coat in oil, the NOMU rub and seasoning. Add over the roast and roast until cooked through. Remove from the oven and rest for 5 minutes before slicing.

**4. WHAT A GREAT PLATE** Dish up the roast veg, side with the pork slices, top with the marinated tomatoes and feta. Dig in, Chef!