



U C O O K

— COOKING MADE EASY

Honey-Glazed Pork Fillet

with creamy carrot mash, blistered baby tomatoes & feta

Get a load of this dreamboat! Honey-soaked pork on a low-carb mash of fresh thyme, carrot, and cream. Served with a charred green bean and feta salad, dotted with roast tomatoes. Healthy and delicious: this dinner is the full package!

Hands-On Time: 30 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Lauren Todd



Health Nut

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Ingredients & Prep

960g	Carrot <i>rinsed, trimmed & cut into bite-size chunks</i>
8g	Fresh Thyme <i>rinsed</i>
320g	Baby Tomatoes <i>rinsed</i>
40g	Pumpkin Seeds
320g	Green Beans <i>rinsed, trimmed & sliced in half</i>
600g	Pork Fillet
60ml	Honey
120ml	Fresh Cream
120g	Salad Leaves <i>rinsed</i>
160g	Danish-Style Feta <i>drained</i>
80ml	Red Wine Vinegar

From Your Kitchen

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

1. I CARROT LIVE WITHOUT YOU! Preheat the oven to 200°C. Place the carrot chunks and rinsed thyme sprigs on a roasting tray. Coat in oil, season, and spread out. Roast in the hot oven for 40-45 minutes. Place the rinsed baby tomatoes on a separate roasting tray with some oil and seasoning. Toss to coat and set aside.

2. POPPIN' SEEDS & GREEN BEANS Place the pumpkin seeds in a large, nonstick pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the halved green beans for 4-5 minutes until lightly charred, shifting occasionally. Remove from the pan on completion and set aside in a salad bowl.

3. YOU'RE HALFWAY! Give the carrots a shift at the halfway mark and return to the oven. Pop in the tray of dressed tomatoes and cook for the remaining roasting time. On completion, the carrots should be caramelised and the tomatoes should be blistered.

4. STICKY ROAST PORK Return the pan to a medium-high heat. Pat the pork dry with paper towel, coat in oil, and season. When the pan is hot, sear the pork for 5-7 minutes, shifting as it colours. On completion, it should be browned all over but not cooked through. Place in a piece of tinfoil, pour in any juices from the pan, and close up tightly. Roast in the oven for 9-10 minutes until cooked to your preference. Remove on completion, open the foil, and drizzle in the honey. Close it back up and allow to rest for 5 minutes before thinly slicing, reserving the honey juices.

5. LETTUCE FINISH UP! When the roast is ready, remove from the oven and discard the thyme stalks. Place the carrot in a bowl with the cream and a knob of butter. Mash with a fork until it forms a chunky smash. Add the rinsed salad leaves to the bowl of green beans and crumble in the drained feta. Toss together with the red wine vinegar to taste, a drizzle of oil, and some seasoning.

6. FILL YOUR PLATE! Make a bed of carrot mash, top with the glossy pork slices, and drizzle over some reserved honey glaze. Serve the green bean salad on the side and scatter with the roast tomatoes. Sprinkle the toasted pumpkin seeds over the lot. Gorgeous, Chef!



Chef's Tip

If you have a potato masher, you can use it to mash the carrots. If you prefer a smoother mash, you can pop them in a blender.

Nutritional Information

Per 100g

Energy	376kj
Energy	90Kcal
Protein	6g
Carbs	7g
of which sugars	4.7g
Fibre	1.9g
Fat	3.6g
of which saturated	2g
Sodium	74mg

Allergens

Dairy, Sulphites

Cook
within 2
Days