



# UCCOOK

## Waterfords Pork Chop & Salad

**with bell peppers & roasted beetroot**

A bed of freshness forms the basis of this meal: Bell pepper, tangy tomato, crunchy cucumber, pickled onion & fresh greens, tossed in a raspberry vinegar. Side with the butter-basted pork chop and garnish with creamy feta crumblyings & fresh parsley. Get ready for the compliments, Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Jemimah Smith

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Carb Conscious

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Waterford Estate | Waterford Rose-Mary Rosé

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## Ingredients & Prep

150g	Beetroot <i>rinse, trim, peel (optional) &amp; cut into bite-sized pieces</i>
5g	Sunflower Seeds
220g	Pork Loin Chops
1	Bell Pepper <i>rinse, deseed &amp; dice ½</i>
1	Tomato <i>rinse &amp; cut into wedges</i>
50g	Cucumber <i>rinse &amp; cut into thin rounds</i>
20g	Pickled Onions <i>drain &amp; roughly chop</i>
20g	Salad Leaves <i>rinse &amp; roughly shred</i>
10ml	Raspberry Vinegar
20g	Danish-style Feta <i>drain</i>
3g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. BEGIN THE BEET** Preheat the oven to 200°C. Spread the beetroot chunks on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, place the beetroot chunks in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and cover.

**2. SUNNY SEEDS** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**3. JUICY PORK** Pat the pork chop dry with paper towel. Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat to prevent the meat from buckling during frying. Coat in oil, and season. Place a pan over medium-high heat. When hot, sear the pork chop, fat-side down, until the fat is rendered and crispy, 3-5 minutes. Then, fry until cooked through, 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter.

**4. ASSEMBLE THE SALAD** In a bowl, combine the diced pepper, the thin tomato wedges, the cucumber rounds, the diced pickled onion, the shredded leaves, the roasted beetroot, the vinegar, the toasted seeds, a drizzle of olive oil, and seasoning.

**5. SENSATIONAL!** Dish up the loaded salad. Crumble over the drained feta. Side with the fried pork. Garnish with the chopped parsley.

## Nutritional Information

Per 100g

Energy	321kJ
Energy	77kcal
Protein	6.6g
Carbs	3g
of which sugars	1.6g
Fibre	1.2g
Fat	3.4g
of which saturated	1.2g
Sodium	84mg

## Allergens

Cow's Milk, Allium, Sulphites

Eat  
Within  
2 Days