



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 crumbly & fresh parsley. Get ready for the compliments, Chef!

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Jemimah Smith

Carb Conscious

Waterford Estate | Waterford Rose-Mary Rosé

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Ingredients & Prep

450g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
15g	Sunflower Seeds
660g	Pork Loin Chops
2	Bell Peppers <i>rinse, deseed & dice 1½</i>
2	Tomatoes <i>rinse & cut into wedges</i>
150g	Cucumber <i>rinse & cut into thin rounds</i>
60g	Pickled Onions <i>drain & roughly chop</i>
60g	Salad Leaves <i>rinse & roughly shred</i>
30ml	Raspberry Vinegar
60g	Danish-style Feta <i>drain</i>
8g	Fresh Parsley <i>rinse, pick & 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, 35-40 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 chops 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 chops, 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