

Eat Within 2 Days

QCOOK

Sweet Chilli Pork Medallions

with roasted potato & crispy kale

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	366kJ	1886kJ
Energy	88kcal	451kcal
Protein	8.5g	43.8g
Carbs	8g	42g
of which sugars	1g	4g
Fibre	2g	11g
Fat	2.5g	12.7g
of which saturated	1g	5.1g
Sodium	66mg	339mg

Allergens: Sulphites, Sugar Alcohol (Sweetener), Cow's Milk, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato *rinse & cut into bite-sized pieces*
300g	400g	Kale *rinse & roughly shred*
90ml	120ml	Carb Smart Sweet Chilli Sauce
450g	600g	Pork Fillet
22,5ml	30ml	Spicy Rub *(15ml [20ml] NOMU BBQ Rub & 7,5ml [10ml] Dried Chilli Fllakes)*
90ml	120ml	Sour Cream
8g	10g	Fresh Parsley *rinse, pick & finely chop*

From Your Kitchen

Seasoning (salt & pepper)
Water
Cooking Spray (or oil of your choice)
Paper Towel

1. ROAST Preheat the oven to 200°C. Spread the potatoes on a roasting tray. Lightly coat with cooking spray or a drizzle of oil 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. KALE In a bowl, lightly spray the kale with cooking spray and season. Massage with your hands until coated. When the roast has 5-8 minutes to go, scatter the kale over and roast for the remaining time until crispy.

3. PORK MEDALLIONS In a small bowl, combine the sweet chilli sauce with 45ml [60ml] of water. Place a pan over medium heat. Pat the pork dry with paper towel and slice into 1cm thick rounds. Lightly coat with cooking spray or a drizzle of oil and the spicy rub. When hot, sear the pork until browned and cooked through, 2-3 minutes per side. In the final 1-2 minutes, baste with the sweet chilli sauce, and remove from the heat.

4. SOME PREP In a bowl, combine the sour cream and ½ of the parsley. Loosen with water in 5ml increments until drizzling consistency.

5. TIME TO EAT Plate up the roast, and top with the pork medallions with all the pan juices. Drizzle over the herby sour cream and garnish with the remaining parsley. Dig in, Chef!