



UCOOK

Festive Pork & Sweet Potato Mash

with a glossy cranberry sauce & a fresh apple salad

There are few things more festive than cranberry sauce – so what better way to start the summer festivities with tender pork rump slices, buttery sweet potato mash, and tangy cranberry sauce? Served alongside a fresh apple salad to add that extra summer punch!

Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Hannah Duxbury

♥ Health Nut

🍷 Warwick Wine Estate | First Lady Pinotage

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Ingredients & Prep

30g	Pine Nuts
750g	Sweet Potato <i>peeled & cut into bite-sized chunks</i>
30g	Dried Cranberries
60ml	Orange Juice
150ml	Red Wine
2	Cinnamon Sticks
450g	Pork Rump
82,5ml	Honey-mustard Sauce <i>(60ml Honey & 22,5ml Dijon Mustard)</i>
2	Apples <i>1½ sliced into thin matchsticks</i>
60g	Green Leaves <i>rinsed & gently shredded</i>

From Your Kitchen

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

1. TOASTING TIME Place a pan over a medium heat. Once hot, toast the pine nuts for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion.

2. MASH MAGIC Place a pot of cold salted water over a high heat. Add the sweet potato chunks and bring to a boil. Once boiling, reduce the heat and simmer for 20-25 minutes until soft. Drain on completion, and mash with a potato masher or fork until smooth. Stir through a splash of milk or water and a knob of butter or a drizzle of oil. Season to taste and cover to keep warm for serving.

3. CRANBERRY CRAZY Place a pot over a medium heat. When hot, add the cranberries, the orange juice, 150ml water, the red wine, and the cinnamon sticks. Lower the heat and leave to simmer for 20-25 minutes until thickened, stirring frequently. On completion, the sauce should have a syrup-like consistency.

4. PERFECT PORK Pat the pork rump dry with some paper towel. Coat in oil and some seasoning. Return the pan to a medium-high heat. When hot, sear the pork for 3-4 minutes per side. During the final minute, baste the pork with a knob of butter (optional) and the honey-mustard sauce. Remove on completion and allow to rest for 5 minutes before thinly slicing. Alternatively, leave it whole.

5. SALAD STEP In a salad bowl, add the apple matchsticks, the toasted pine nuts, the shredded green leaves, a drizzle of olive oil, and seasoning. Toss until fully combined.

6. FESTIVE FEASTING Dish up a hearty plate of buttery mashed potatoes and juicy pork rump slices. Spoon over the syrupy cranberry sauce, and side with the fresh apple salad. Merry munching, Chef!



Chef's Tip

To stop the sliced apple from browning, place it in a bowl of water with a squeeze of lemon juice.

Nutritional Information

Per 100g

Energy	448kj
Energy	107Kcal
Protein	6.3g
Carbs	14g
of which sugars	8.1g
Fibre	2g
Fat	1.8g
of which saturated	0.4g
Sodium	59mg

Allergens

Sulphites, Tree Nuts, Alcohol

Cook
within 2
Days