

U COOK

Minty Peas, Artichokes & Pork Fillet

with roasted beetroot

Hands-on Time: 40 minutes

Overall Time: 55 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info	Per 100g	Per Portion
Energy	351kJ	2079kJ
Energy	84kcal	498kcal
Protein	8.9g	52.5g
Carbs	6g	35g
of which sugars	1.9g	11g
Fibre	2.3g	13.9g
Fat	2.2g	12.8g
of which saturated	1g	6.1g
Sodium	134mg	796mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None



Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3

[Serves 4]

600g	800g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
300g	400g	Peas
2	2	Garlic Cloves <i>peel & roughly chop</i>
8g	10g	Fresh Mint <i>rinse</i>
120ml	160ml	Low Fat Cottage Cheese
150g	200g	Artichoke Quarters <i>drain & roughly chop</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
60g	80g	Danish-style Feta <i>drain</i>
450g	600g	Pork Fillet

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Blender

Paper Towel

Cooking Spray

1. BEGIN THE BEETROOT Preheat the oven to 200°C. Spread the beetroot on a roasting tray. Lightly coat with cooking spray. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

2. MINT SAUCE Place a pan over medium heat and lightly coat with cooking spray. When hot, add the peas and the garlic, and fry until fragrant, 2-3 minutes (shifting constantly). Remove from the heat and add to a blender with the mint and cottage cheese. Season and pulse until a smooth purée. Add water in 10ml increments if it's too thick for your liking. Cover and set aside.

3. ARTICHOKE SALAD Place the artichokes and salad leaves into a salad bowl. Toss with the feta and seasoning. Set aside.

4. PERFECT PORK Place a pan (that has a lid) over medium heat. Pat the pork dry with paper towel and lightly coat with cooking spray. When hot, sear the pork until browned, 3-4 minutes on one side. Flip, cover with the lid, lower the heat, and fry until cooked through, 6-8 minutes. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. AMAZING WORK, CHEF! Smear the minty pea purée on one side of the plate and top with the pork slices. Serve the roasted beetroot and the dressed salad alongside.