



UCOOK

Pork Tenderloin & Roasted Garlic Sauce

with a sun-dried tomato salad & roasted baby potatoes

Tender, succulent pork fillet seasoned with NOMU Roast Rub, seared to golden perfection and drizzled in a honey-garlic sauce. Sided with a fresh salad, dollops of creamy goat's cheese, and roasted baby potatoes, this dish truly is effortlessly tasty!

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Megan Bure

 Fan Faves

 Paserene | Rosie Rosé

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Ingredients & Prep

800g	Baby Potato <i>rinsed & halved</i>
8	Garlic Cloves
60ml	Basting Sauce <i>(20ml Apple Cider Vinegar & 40ml Low Sodium Soy Sauce)</i>
600g	Pork Fillet
40ml	NOMU Roast Rub
80g	Salad Leaves <i>rinsed</i>
200g	Cucumber <i>rinsed & finely diced</i>
100g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
20ml	Smoked Paprika
100g	Chevin Goat's Cheese
10g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. ROASTY TOASTY Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). In the final 10 minutes, add the whole, unpeeled garlic cloves to the tray and return to the oven for the remaining time.

2. SWEETEN IT UP In a small bowl, combine the basting sauce with 60ml of sweetener, a drizzle of oil, and seasoning. Set aside.

3. GOLDEN DELICIOUS Place a pan (with a lid) over medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 4-5 minutes (shifting as it colours). Cover and fry until cooked through, 3-4 minutes. In the final minute, baste with the basting sauce and the NOMU rub. Remove from the pan, reserving the pan juices, and rest for 3-5 minutes before slicing and seasoning.

4. IT'S A TOSS UP In a salad bowl, combine the rinsed salad leaves, the diced cucumber, the chopped sun-dried tomatoes, a drizzle of olive oil, and seasoning. Set aside.

5. CHOP CHOP When the roast is done, squeeze out the flesh from the roasted garlic cloves and discard the skin. Roughly chop the flesh and set aside.

6. TIME TO GET SAUCY Return the pan, with the basting juices, to medium-high heat with 80g of butter. Add the paprika and the chopped garlic. Simmer until reduced and thickened, 2-3 minutes. Season and remove from the heat.

7. EAT IT UP! Dish up the roasted baby potatoes and side with the fresh salad. Crumble over the goat's cheese. Lay down the juicy pork slices and drizzle over the roasted garlic sauce. Garnish with a sprinkling of the chopped parsley. Well done, Chef!



Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	442kj
Energy	106kcal
Protein	9.3g
Carbs	10g
of which sugars	2.4g
Fibre	1.6g
Fat	3g
of which saturated	1.2g
Sodium	234mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Soy

Cook
within 2
Days