

UCOOK

Red Pepper Pesto Pork

with baby tomatoes & cabbage

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	402kJ	2410kJ
Energy	96kcal	576kcal
Protein	8g	48.1g
Carbs	7g	43g
of which sugars	2.5g	14.8g
Fibre	2.1g	12.9g
Fat	3g	18g
of which saturated	1g	6.3g
Sodium	132mg	792mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 3 [Serves 4]

180g	240g	Chickpeas <i>drain & rinse</i>
2	2	Onions <i>peel, cut into wedges & separate the petals</i>
300g	400g	Cabbage <i>rinse & cut into bite-sized chunks</i>
15ml	20ml	Dried Oregano
240g	320g	Baby Tomatoes <i>rinse & halve</i>
60g	80g	Danish-style Feta <i>drain</i>
60ml	80ml	Pesto Princess Red Pepper Pesto
30ml	40ml	Red Wine Vinegar
450g	600g	Pork Fillet
30ml	40ml	NOMU One For All Rub

- 1. VEGGIE MEDLEY** Preheat the oven to 200°C. Spread the chickpeas, onion, and cabbage on a roasting tray. Coat in oil, the oregano, 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. MMMMARINADE** In a bowl, toss the tomatoes and feta with the pesto, vinegar and seasoning. Set aside.
- 3. NOMU-SPICED PORK** When the roast has been in the oven for 15-20 minutes, pat the pork dry with paper towel, coat in oil, the NOMU rub and seasoning. Add over the roast and roast until cooked through. Remove from the oven and rest for 5 minutes before slicing.
- 4. WHAT A GREAT PLATE** Dish up the roast veg, side with the pork slices, top with the marinated tomatoes and feta. Dig in, Chef!

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel