

UCCOOK

Pork Fillet & Avocado Salsa

with jalapeños & corn on the cob

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	409kJ	2059kJ
Energy	98kcal	493kcal
Protein	8g	40.4g
Carbs	7g	35g
of which sugars	2g	11g
Fibre	2g	11g
Fat	4.6g	23g
of which saturated	0.9g	4.5g
Sodium	56.8mg	285.7mg

Allergens: Sulphites, Allium

Spice Level: Hot

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
3	4	Corn on the Cob/s <i>remove silks</i>
450g	600g	Pork Fillet
15ml	20ml	Old Stone Mill Mexican Spice
2	2	Avocado <i>cut in half & roughly dice 1½ [2]</i>
1	1	Onion <i>peel & finely dice ¾ [1]</i>
2	2	Tomato <i>rinse & roughly dice 1½ [2]</i>
15g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
30ml	40ml	Lime Juice
120g	160g	Green Leaves
8g	10g	Fresh Parsley

From Your Kitchen

Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Water

Paper Towel

1. CORN Preheat the oven to 200°C. Place a pan (that has a lid) over medium heat with enough water to cover the base. Add the corn and bring to a simmer. Once simmering, cover and cook until all the water has evaporated, 8-10 minutes. Remove from the heat and season. Alternatively, grill until crispy, 12-15 minutes (shifting halfway).

2. PORK Place a pan over medium-high heat. Pat the pork dry with paper towel and lightly coat with cooking spray and the Mexican spice, or add a drizzle of oil to the pan (optional). When hot, sear the pork until browned, 5-6 minutes (shifting as it colours). Remove from the pan and pop in the hot oven. Roast for 5-6 minutes until cooked through. Remove from the oven and rest for 3-5 minutes before slicing and seasoning.

3. SALSA Add the avocado to a bowl with the onion, tomatoes, jalapeños (to taste), and the lime juice (to taste), and add seasoning.

4. DINNER IS READY Make a bed of green leaves, top with the salsa, and serve alongside the pork slices and corn. Garnish with parsley and enjoy, Chef!