



UCCOOK

Apple-cranberry Pork

with sweet potato, brandy & fresh salad leaves

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Waterkloof | Seriously Cool Cinsault

Nutritional Info

	Per 100g	Per Portion
Energy	440kj	3824kj
Energy	105kcal	915kcal
Protein	6g	52.3g
Carbs	12g	101g
of which sugars	5.2g	45.1g
Fibre	2g	17.5g
Fat	2.7g	23.3g
of which saturated	0.8g	6.6g
Sodium	53mg	462mg

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

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

250g	500g	Sweet Potato <i>rinse & cut into bite-sized pieces</i>
1	1	Onion <i>peel & finely dice</i>
1	1	Garlic Clove <i>peel & grate</i>
1	2	Apple/s <i>rinse, peel, core & thinly slice</i>
15ml	30ml	Wholegrain Mustard
10ml	20ml	Lemon Juice
10ml	20ml	Brandy
20g	40g	Dried Cranberries <i>roughly chop</i>
10g	20g	Walnuts <i>roughly chop</i>
220g	440g	Pork Loin Chop
3g	5g	Fresh Sage <i>rinse, pick & dry</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Butter

1. READY THE ROAST Preheat the oven to 200°C. Boil the kettle. Spread the sweet potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. FAB FILLING Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the garlic and fry until fragrant, 1-2 minutes (shifting constantly). Add the apple, $\frac{3}{4}$ of the mustard, and $\frac{1}{2}$ the lemon juice (to taste). Cook until the apple is soft, 8-10 minutes. Add the brandy and simmer until almost evaporated, 1-2 minutes. Add $\frac{1}{2}$ the cranberries and $\frac{1}{2}$ the chopped walnuts. Season and remove from the pan.

3. PORK CHOP Pat the pork chops dry with paper towel. Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat to prevent the meat from buckling during frying. Coat in oil, and season. Place a pan over medium-high heat. When hot, sear the pork chop, fat-side down, until the fat is rendered and crispy, for 3-5 minutes. Then, fry until cooked through, for 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter.

4. SAGE & SALAD Return the pan to medium-high heat with 30g [60g] of butter. Once foaming, add the rinsed sage leaves. Fry until the leaves are crispy, 1-2 minutes. In a salad bowl, combine the salad leaves, the remaining mustard, walnuts & cranberries, the remaining lemon juice, a drizzle of oil, and seasoning.

5. YUM! Plate up the pork and top with the apple mixture. Drizzle over the sage butter. Side with the roasted sweet potato and the walnut salad. Serve any remaining filling on the side.