



UCCOOK

Heavenly Honey-Mustard Pork

with creamy carrot mash, blistered baby tomatoes & feta

Honey-soaked pork on a low-carb mash of fresh thyme, carrot, and cream. Served with sauteed kale and a fresh salad, dotted with roasted tomatoes. Healthy and delicious: this dinner is the full package!

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Lauren Todd

 Health Nut

 No paired wines

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Ingredients & Prep

360g	Carrots <i>rinsed, trimmed & cut into bite-sized chunks</i>
2g	Fresh Thyme <i>rinsed</i>
150g	Baby Tomatoes
10g	Pumpkin Seeds
50g	Kale <i>rinsed & roughly shredded</i>
150g	Pork Fillet
18,75ml	Honey-Mustard Sauce <i>(15ml Honey & 3,75ml Wholegrain Mustard)</i>
30g	Salad Leaves <i>rinsed</i>
40g	Danish-style Feta <i>drained</i>
15ml	Red Wine Vinegar

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil
Butter (optional)
Paper Towel
Milk (optional)

1. CARROT LIVE WITHOUT YOU! Preheat the oven to 200°C. Place the carrot chunks and rinsed thyme sprigs on a roasting tray. Coat in oil and season. Roast in the hot oven for 30-35 minutes. Place ½ the tomatoes in a bowl and toss with oil and seasoning. Set aside for step 3.

2. POPPIN' SEEDS & KALE Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool. Place the shredded kale in a bowl with a drizzle of oil and seasoning. Using your hands, gently massage until softened and coated. Return the pan to a medium-high heat. When hot, sauté the kale for 2-3 minutes until wilted. Remove from the pan and place in the bowl, cover and set aside.

3. HALFWAY! When the carrots have been in for 10 minutes, give them a shift. Add the dressed tomatoes to the roasting tray and roast for the remaining time. On completion, the carrots should be caramelised and the tomatoes blistered.

4. STICKY PORK Return the pan to a medium-high heat. Pat the pork dry with paper towel and lightly coat in oil. When the pan is hot, sear the pork for 3-4 minutes, shifting as it colours. In the final 1-2 minutes, baste the pork with the honey-mustard sauce in the pan. On completion, the pork should be browned but not cooked through. Place the pork into tinfoil, pour over the pan juices, and tightly close. Place on the roasting tray in the oven for 2-3 minutes until cooked through. Remove on completion and allow to rest for 5 minutes before thinly slicing and seasoning. Reserve the honey-mustard juices.

5. LETTUCE FINISH On completion, remove the veg from the oven and discard the thyme stalks. Place the roasted carrot in a bowl with a splash of milk or water and a knob of butter (optional). Mash with a fork until chunky and season to taste. Halve the remaining, raw tomatoes. Add them and the rinsed leaves to the bowl of sautéed kale. Crumble in the drained feta and toss together with the red wine vinegar, a drizzle of oil and some seasoning.

6. PLATE UP! Make a bed of carrot mash, top with the glossy pork, and drizzle over the reserved honey-mustard juices. Serve the kale salad on the side and scatter with roasted tomatoes. Sprinkle over the toasted pumpkin seeds. Gorgeous, Chef!



Chef's Tip

If you have a potato masher, you can use it to mash the carrots. A blender will also work wonders if you're looking for a smoother, silkier carrot mash.

Nutritional Information

Per 100g

Energy	329kj
Energy	79Kcal
Protein	6g
Carbs	7g
of which sugars	4.6g
Fibre	1.9g
Fat	2.4g
of which saturated	1.1g
Sodium	80mg

Allergens

Dairy, Sulphites

Cook
within 2
Days