

UCCOOK

Spicy Pork Fillet

with roast butternut & a fresh cabbage and apple slaw

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Muratie Wine Estate | Muratie Isabella Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	361kj	2828kj
Energy	86kcal	676kcal
Protein	5.4g	42g
Carbs	8g	66g
of which sugars	4g	31.1g
Fibre	1.9g	15.1g
Fat	3.1g	24g
of which saturated	0.4g	3.3g
Sodium	80mg	624mg

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

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1

[Serves 2]

250g	500g	Butternut Chunks <i>cut into bite-sized pieces</i>
150g	300g	Pork Fillet
10ml	20ml	NOMU One For All Rub
30ml	60ml	White Wine Vinegar
5ml	10ml	Dried Chilli Flakes
100g	100g	Cabbage <i>rinse & thinly slice</i>
1	1	Apple <i>rinse, peel, core & cut ½ [1] into matchsticks</i>
30ml	60ml	Pesto Princess Chimichurri Sauce
1	1	Spring Onion <i>rinse, trim & finely slice</i>
15g	30g	Pecan Nuts

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

1. BUTTERNUT Preheat the oven to 200°C. Spread the butternut 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. TOAST Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. PERFECT PORK FILLET When the butternut is halfway, return the pan to medium heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 3-4 minutes on one side. Lower the heat and fry until cooked through, 6-8 minutes. During the final 1-2 minutes, baste the pork with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. SPECTACULAR SLAW In a salad bowl, combine the vinegar with a sweetener (to taste), the chilli flakes (to taste), a drizzle of olive oil and season. Add the cabbage and apple and toss until fully coated.

5. GRAB A FORK, LET'S EAT THIS PORK! Dish up the juicy pork slices and drizzle over the chimichurri sauce. Side with the roasted butternut and the cabbage and apple slaw. Garnish with the spring onions slices and pecan nuts. Dig in, Chef!