



UCOOK

Sticky Pork & Sweet Potato

with apple sauce & toasted almonds

A classic flavour pairing: pork chop and apple! Served with oven-roasted sweet potato & apple wedges, and a zesty apple & cucumber salad. The classics are classics for a reason!

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Chris Dugmore

Fan Faves

Cathedral Cellar Wines | Cathedral Cellar-Chardonnay 2022

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Ingredients & Prep

250g	Sweet Potato <i>rinse & cut into wedges</i>
1	Apple <i>rinse, peel, core, cut ¾ into wedges & dice ¼</i>
15g	Almonds
220g	Pork Loin Chops
1	Garlic Clove <i>peel & grate</i>
60ml	Apple Sauce <i>(50ml Apple Juice & 10ml Dijon Mustard)</i>
10ml	Lemon Juice
20g	Green Leaves <i>rinse</i>
50g	Cucumber <i>rinse & cut into half-moons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. ROAST WEDGES Preheat the oven to 200°C. Spread the sweet potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Coat the apple wedges in oil, season, and set aside.

2. FOR THE CRUNCH Place the chopped almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. ROAST APPLE WEDGES When the sweet potato has been roasting for 10 minutes, scatter over the apple wedges. Roast for the remaining time.

4. FRY THE CHOP Pat the pork chop 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. Return the pan to medium-high heat with a drizzle of oil. 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. Remove from the pan and season.

5. APPLE SAUCE Return the pan, wiped down, to medium heat with 10g of butter. When the butter starts foaming, add the grated garlic and fry until fragrant, 1-2 minutes. Mix in the apple sauce and 5ml of sweetener (to taste). Simmer until thickening, 2-3 minutes. Season.

6. FRESH & FINISHED In a salad bowl, combine the lemon juice (to taste), a drizzle of olive oil and season. Toss through the rinsed leaves, the diced apples, and the cucumber half-moons. Plate up the roast potato & apple, and the pork chop drizzled with the apple sauce. Serve the fresh salad on the side. Garnish with the toasted almonds. Well done, Chef!



Chef's Tip

Air fryer method: Coat the sweet potato wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). In the final 10 minutes, add the apple wedges.

Nutritional Information

Per 100g

Energy	461kJ
Energy	110kcal
Protein	6.6g
Carbs	10g
of which sugars	5g
Fibre	1.6g
Fat	3.7g
of which saturated	0.9g
Sodium	52mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
2 Days