

UCOOK

Red Pepper Pesto Pork

with baby tomatoes & cabbage

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	402kJ	2410kJ
Energy	96kcal	576kcal
Protein	8g	48.1g
Carbs	7g	43g
of which sugars	2.5g	14.8g
Fibre	2.1g	12.9g
Fat	3g	18g
of which saturated	1g	6.3g
Sodium	132mg	792mg

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

Spice Level: None

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 1

[Serves 2]

60g	120g	Chickpeas <i>drain & rinse</i>
1	1	Onion <i>peel, cut into wedges & separate the petals</i>
100g	200g	Cabbage <i>rinse & cut into bite-sized chunks</i>
5ml	10ml	Dried Oregano
80g	160g	Baby Tomatoes <i>rinse & halve</i>
20g	40g	Danish-style Feta <i>drain</i>
20ml	40ml	Pesto Princess Red Pepper Pesto
10ml	20ml	Red Wine Vinegar
150g	300g	Pork Fillet
10ml	20ml	NOMU One For All Rub

- 1. VEGGIE MEDLEY** Preheat the oven to 200°C. Spread the chickpeas, onion, and cabbage on a roasting tray. Coat in oil, the oregano, and season. Roast in the hot oven until golden, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).
- 2. MMMMARINADE** In a bowl, toss the tomatoes and feta with the pesto, vinegar and seasoning. Set aside.
- 3. NOMU-SPICED PORK** When the roast has been in the oven for 12-15 minutes, pat the pork dry with paper towel, coat in oil, the NOMU rub and seasoning. Add over the roast and roast until cooked through. Remove from the oven and rest for 5 minutes before slicing.
- 4. WHAT A GREAT PLATE** Dish up the roast veg, side with the pork slices, top with the marinated tomatoes and feta. Dig in, Chef!

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel