



# UCOOK

## Minty Peas, Artichokes & Pork Fillet

with almonds & roasted beetroot

Your dinner table will look like a top restaurant once this dish is served, Chef! That's because of the impressive combination of the homemade pea & mint sauce, smeared with elegance on the plate before topping with perfectly cooked pork. Served with an artichoke, feta & almond salad.

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Megan Bure

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Carb Conscious

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Groote Post Winery | Groote Post Merlot

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## Ingredients & Prep

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40g	Almonds
800g	Beetroot <i>rinse, trim, peel (optional) &amp; cut into bite-sized pieces</i>
400g	Peas
2	Garlic Cloves
10g	Fresh Mint
160ml	Low Fat Cottage Cheese
200g	Artichoke Quarters <i>drain &amp; roughly chop</i>
80g	Salad Leaves <i>rinse &amp; roughly shred</i>
80g	Danish-style Feta <i>drain</i>
600g	Pork Fillet

## From Your Kitchen

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

**1. ALL THE ALMONDS** Preheat the oven to 200°C. Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. BEGIN THE BEETROOT** Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

**3. MINT SAUCE** Return the pan to medium heat with a drizzle of oil. When hot, add the peas and the grated garlic, and fry until fragrant, 2-3 minutes (shifting constantly). Remove from the heat and add to a blender with the picked mint and cottage cheese. Season and pulse until a smooth purée. Add water in 10ml increments if it's too thick for your liking. Cover and set aside.

**4. ARTICHOKE SALAD** Place the chopped artichokes and shredded leaves into a salad bowl. Toss with the drained feta, ½ the toasted nuts, a drizzle of oil and seasoning. Set aside.

**5. PERFECT PORK** Place a pan over medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 5-6 minutes (shifting as it colours). In the final minute, baste the pork with a knob of butter. Remove from the pan and pop in the hot oven. Roast for 5-6 minutes until cooked through. Remove from the oven and rest for 3-5 minutes before slicing and seasoning.

**6. AMAZING WORK, CHEF!** Smear the minty pea purée on one side of the plate and top with the pork slices. Serve roasted beetroot and the dressed salad alongside. Garnish with the remaining nuts.

## Nutritional Information

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Per 100g

Energy	388kJ
Energy	93kcal
Protein	9.1g
Carbs	6g
of which sugars	1.9g
Fibre	2.5g
Fat	3g
of which saturated	1.1g
Sodium	132mg

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## Allergens

Cow's Milk, Allium, Sulphites, Tree Nuts

Eat  
Within  
2 Days