



UCCOOK

Mediterranean Pork & Bean Medley

with olives, capers & butter beans

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Tiisetso Maema

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	337kJ	2184kJ
Energy	81kcal	523kcal
Protein	7.3g	47.2g
Carbs	8g	50g
of which sugars	2.2g	14.4g
Fibre	2.3g	15.1g
Fat	2g	12.9g
of which saturated	0.4g	2.5g
Sodium	152mg	988mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Pork Fillet
10ml	20ml	NOMU Italian Rub
1	1	Onion <i>peel & finely dice ¼ [½]</i>
1	2	Garlic Clove/s <i>peel & grate</i>
100g	200g	Cooked Chopped Tomato
10g	20g	Capers <i>drain & roughly chop</i>
5ml	10ml	Dried Chilli Flakes
20g	40g	Pitted Kalamata Olives <i>drain & roughly chop</i>
120g	240g	Butter Beans <i>drain & rinse</i>
80g	160g	Green Beans <i>rinse & trim</i>
10g	20g	Almonds
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Paper Towel
Milk (optional)
Butter
Blender
Water
Sugar/Sweetener/Honey

1. NOMU-SPICED PORK Preheat the oven to 200°C. 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, 3-4 minutes (shifting as it colours). In the final minute, baste the pork with a knob of butter and ½ the NOMU rub. 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.

2. HOMEMADE TOMATO SAUCE Return the pan to medium heat with a drizzle of oil. When hot, fry the onion until softened for 2-4 minutes. Add in ½ the garlic and the remaining NOMU rub, fry until fragrant. Add the chopped tomatoes, capers, and chilli flakes. Allow the sauce to cook for 2 minutes, remove from the heat and add ¾ of the sauce to the blender with a sweetener (to taste) and blend until smooth. Return the blended sauce back into the pan with the remaining sauce and mix in the olives, season and set aside.

3. BEAN THERE DONE THAT Place a clean pan over high heat with a drizzle of oil. When hot, fry the green beans and butter beans until starting to char, 3-4 minutes (shifting occasionally). Add a knob of butter and garlic, fry until the garlic is fragrant for 1-2 minutes. Remove from the heat and season.

4. MEDITERRANEAN MEAL Plate up the Mediterranean sauce, top with the sliced pork fillet. Place the charred bean medley alongside the pork fillet, sprinkle with flaked almonds. Finish with a sprinkle of parsley.