



UCCOOK

Pork & Horseradish Sauce

with roasted beetroot & pine nuts

A simple yet divine dinner awaits you! Perfectly cooked pork loin chops are served with homemade horseradish sauce. Sided with roasted beetroot, lentils and a dressed salad. Sprinkled with pine nuts for crunch, this dinner is nothing less than a winner!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Carb Conscious

 Creation Wines | Creation Chenin Blanc

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Ingredients & Prep

200g	Beetroot Chunks
1	Red Onion <i>½ peeled & cut into wedges</i>
60g	Tinned Lentils <i>drained & rinsed</i>
10g	Pine Nuts
50ml	Low Fat Plain Yoghurt
15ml	Horseradish Sauce
220g	Pork Loin Chops
10ml	NOMU Roast Rub
40g	Salad Leaves <i>rinsed</i>
100g	Cucumber <i>sliced into thin rounds</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter

1. ROAST IT UP Preheat the oven to 200°C. Place the beetroot chunks and onion wedges on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and becoming crispy. Place the drained lentils in a bowl, coat in oil and seasoning, and set aside.

2. PINING AFTER YOU Place the pine nuts in a pan over a medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside for serving. In a small bowl, combine the yoghurt, the horseradish sauce (to taste), a drizzle of oil, and seasoning. Set aside for serving.

3. FRY, FRY, FRY! 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. When hot, sear the pork chop, fat-side down, for 3-5 minutes until the fat is rendered and crispy. Then, fry for 3-4 minutes per side until cooked through. In the final 1-2 minutes, baste with a knob of butter and the rub. Remove from the pan, reserving any pan juices, season, and rest for 3-5 minutes.

4. FINAL TOUCHES When the beetroot reaches the halfway mark, remove from the oven and give it a shift. Scatter over the dressed lentils, spread out in a single layer, and return to the oven for the remaining cooking time. On completion, the lentils should be crispy and the beetroot should be cooked through and caramelised. In a bowl, toss the rinsed salad leaves with the cucumber rounds, a drizzle of oil and seasoning.

5. THE MAIN MEAL EVENT! Lay down a bed of the dressed salad and side with the roasted veg and crispy lentils. Side with the pork and serve with the horseradish yoghurt. Scatter over the toasted pine nuts and the chopped parsley. Well done, Chef!

Nutritional Information

Per 100g

Energy	368kJ
Energy	88kcal
Protein	9g
Carbs	7g
of which sugars	1.5g
Fibre	2.5g
Fat	2.1g
of which saturated	0.6g
Sodium	123mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 2
Days