



# UCCOOK

## Summer Stone Fruit Salad & Pork Fillet

with green beans & gorgonzola cheese

Don't limit fruit to breakfast and snacks, Chef! We show you how to make a surprising salad featuring stone fruit, with cucumber rounds, fresh greens, sharp radish, & crumbings of gorgonzola. This brings out the best in the seared pork fillet, spiced with NOMU Provençal Rub. Garnished with peppery fresh basil.

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**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

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**Serves:** 4 People

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**Chef:** Samantha du Toit

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\*New Calorie Conscious

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## Ingredients & Prep

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400g	Green Beans <i>rinse &amp; trim</i>
2	Stone Fruit <i>rinse &amp; cut into wedges, discarding the pip</i>
200g	Cucumber <i>rinse &amp; cut into rounds</i>
80g	Salad Leaves <i>rinse &amp; roughly shred</i>
80g	Radish <i>rinse &amp; slice into thin rounds</i>
120g	Gorgonzola Cheese <i>crumble</i>
600g	Pork Fillet
20ml	NOMU Provençal Rub
10g	Fresh Basil <i>rinse, pick &amp; roughly tear</i>

## From Your Kitchen

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

**1. GO-GO GREEN BEANS** Place a pan (that has a lid) over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 6-7 minutes (shifting occasionally). Remove from the pan, season, and cover.

**2. SPECIAL SALAD** Place the stone fruit wedges into a salad bowl. Add the cucumber rounds, the shredded leaves, the radish rounds, the charred green beans, a drizzle of olive oil, seasoning, and crumble in the gorgonzola cheese. Set aside.

**3. PERFECT PORK** Return the pan to medium 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). Flip, cover with the lid, and fry until cooked through, 5-6 minutes. During the final 1-2 minutes, baste the pork with the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**4. DINNER WITH A DIFFERENCE** Plate up the fresh dressed salad and serve the sliced pork alongside. Garnish with the torn basil.

## Nutritional Information

Per 100g

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Energy	346kJ
Energy	83kcal
Protein	9.3g
Carbs	4g
of which sugars	3g
Fibre	1g
Fat	3g
of which saturated	1.6g
Sodium	112.9mg

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## Allergens

Cow's Milk

Eat  
Within  
2 Days