



U^{COOK}

Pork Chop & Mushroom Sauce

with roasted carrot wedges

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Fan Faves: Serves 1 & 2

Chef: Hellen Mwanza

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

Nutritional Info

	Per 100g	Per Portion
Energy	470kJ	2939kJ
Energy	112kcal	703kcal
Protein	8.6g	53.7g
Carbs	6g	36g
of which sugars	3g	18.6g
Fibre	1.6g	9.9g
Fat	5.3g	33g
of which saturated	1.8g	11g
Sodium	40mg	249mg

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

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>rinse, trim, peel & cut into wedges</i>
10g	20g	Almonds <i>roughly chop</i>
220g	440g	Pork Loin Chops
65g	125g	Button Mushrooms <i>wipe clean & roughly slice</i>
1	1	Garlic Clove <i>peel & grate</i>
40ml	80ml	Sour Cream
20g	40g	Salad Leaves <i>rinse & shred</i>
20g	40g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

Butter

1. GOLDEN CARROTS Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. A IS FOR ALMONDS 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.

3. PORK CHOP Pat the pork chop/s 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. Place a pan over medium-high heat. When hot, sear the pork chop, fat-side down, until the fat is rendered and crispy, for 3-5 minutes. Then, fry until cooked through, for 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter.

4. MMMUSHROOM SAUCE Return the pan to medium-high heat with a drizzle of oil. Fry the mushrooms until golden, 4-5 minutes (shifting occasionally). Add the garlic and fry until fragrant, 1-2 minutes. Deglaze the pan with 50ml [100ml] of water and mix in the sour cream. Lightly simmer until thickening, 1-2 minutes. Cover and remove from the heat.

5. NUTTY SALAD When the carrots are done, toss with the salad leaves, ½ the almonds, and the peppers.

6. WELL DONE! Serve the loaded carrot wedges alongside the pork. Top with the mushroom sauce and garnish it all with the remaining nuts.