



U C O O K

— COOKING MADE EASY

HONEY-GLAZED PORK


with roast carrot mash & a baby marrow side salad

Get a load of this dreamboat! Golden, honey-glazed pork fillet, a low-carb mash of thyme-roasted carrot and cream, and pickled baby marrows. Healthy and delicious: this dinner is the full package!

Prep + Active Time: 20 minutes

Total Cooking Time: 45 minutes

 **Serves:** 1 person

 **Chef:** Klaudia Weixelbaumer

 **Health Nut**

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Ingredients

360g	Carrots
	<i>peeled & cut into bite-size chunks</i>
2g	Fresh Thyme
10g	Pumpkin Seeds
100g	Baby Marrow
	<i>peeled into ribbons</i>
20ml	Red Wine Vinegar
1	Pork Fillet
15ml	Honey
30ml	Cream
20g	Green Leaves
	<i>rinsed</i>

From Your Kitchen

Oil (cooking, olive & coconut)
Salt & Pepper
Water
Tinfoil
Blender (optional)



CHEF'S TIP

If you want to make your creamy carrot mash smoother, you can pop it in a blender or food processor!

0. ROAST CARROTS

Preheat the oven to 200°C. Spread out the chopped carrots on a roasting tray with the whole thyme sprigs, coat in oil, and season. Roast in the hot oven for 30-35 minutes until soft and caramelised.

1. PUMPKIN SEEDS

Place the pumpkin seeds in a pan over a medium heat. Toast for 3-5 minutes until they begin to pop and turn brown. Remove from the pan on completion and set aside to cool.

2. PICKLE

Place the baby marrow ribbons in a bowl with the red wine vinegar. Set aside to lightly pickle, tossing occasionally.

3. SEAR THE PORK FILLET

Return the pan to a medium-high heat. Coat the pork fillet in oil and seasoning to taste. When the pan is hot, sear the pork for 4-6 minutes in total, shifting and turning it as its colours. On completion, it should be browned all over but not cooked through. Remove from the pan and place on a piece of tinfoil. Drizzle over the honey and wrap it up tightly. Place in the oven on the tray with the carrots and roast for 6-8 minutes until cooked through. Remove the pork from the oven and allow it to rest in the tinfoil for 5 minutes.

4. THE MASH-UP

Once the carrots are soft, remove from the oven and discard the thyme stalks. Place in a bowl with the cream and mash with a fork or potato masher until it forms a chunky mash.

5. TANGY SALAD

Just before serving, drain the pickled baby marrow. Toss together with the rinsed green leaves and a drizzle of oil. Season to taste. Remove the pork from the tinfoil, reserving the meat juices, and thinly slice.

6. THE PLATE-UP

Make a bed of carrot mash and top with the glossy pork fillet slices. Drizzle over some honey glaze reserved from the foil. Serve the salad on the side and sprinkle the toasted pumpkin seeds over the lot. Gorgeous, Chef!

Nutritional Information

Per Serving

Energy (kJ)	2413
Energy (kcal)	577
Protein	42
Carbs	57
of which sugars	37
Fibre	12
Fat	18
of which saturated	9
Salt	0

Cook within: 2 days

Allergens: Dairy Sulphites



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Family Friendly



< 600 cal