

# UCCOOK

## Pork Rump & Roast Veg Medley

with kalamata olives & red pepper pesto cottage cheese

**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

**Calorie Conscious:** Serves 3 & 4

**Chef:** Megan Bure

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 318kj    | 2056kj      |
| Energy             | 76kcal   | 492kcal     |
| Protein            | 6.8g     | 44.2g       |
| Carbs              | 6g       | 40g         |
| of which sugars    | 3g       | 16g         |
| Fibre              | 2g       | 13g         |
| Fat                | 2.3g     | 14.8g       |
| of which saturated | 0.5g     | 2.9g        |
| Sodium             | 109mg    | 707mg       |

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

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                 |
|----------|------------|-----------------------------------------------------------------|
| 450g     | 600g       | Beetroot<br><i>rinse, trim &amp; cut into bite-sized pieces</i> |
| 720g     | 960g       | Carrot<br><i>rinse, trim, peel &amp; cut into wedges</i>        |
| 30g      | 40g        | Almonds<br><i>roughly chop</i>                                  |
| 90ml     | 120ml      | Low Fat Cottage Cheese                                          |
| 30ml     | 40ml       | Pesto Princess Red Pepper Pesto                                 |
| 450g     | 600g       | Pork Rump                                                       |
| 60g      | 80g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>                |
| 45ml     | 60ml       | Lemon Juice                                                     |
| 60g      | 80g        | Pitted Kalamata Olives<br><i>drain &amp; roughly slice</i>      |

## From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray (or oil of your choice)

**1. ROAST** Preheat the oven to 200°C. Spread the beetroot and the carrots on a roasting tray. Lightly coat in cooking spray or oil (optional) and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

**2. TOAST** 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. CREAMY PESTO** In a small bowl, combine the cottage cheese with the pesto. Loosen with water in 5ml increments until drizzling consistency and season.

**4. PORK RUMP** Return the pan over medium-high heat. Pat the pork dry with paper towel and lightly coat with cooking spray or oil (optional). When hot, sear the pork, fat-side down, until crispy, 3-5 minutes. Flip the pork onto its side and sear until browned, 3-4 minutes per side. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

**5. SALAD** In a salad bowl, combine the salad leaves, the lemon juice (to taste), the almonds, the olives, and season.

**6. DINNER IS READY** Plate up the roast, side with the pork rump slices, and the fresh salad. Drizzle over the pesto-cottage cheese. Dig in, Chef!