

UCOOK

Pork Fillet & Chilli Hollandaise

with zucchini fries & green beans


Get fancy with this spicy hollandaise sauce and beautifully crisp homemade zucchini fries! All served alongside perfectly cooked spiced pork fillet. This delicious meal is completed with roasted sweet potato and vibrant green beans.


Hands-On Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Megan Bure

 Adventurous Foodie

 Boschendal | Boschen Blanc

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook



Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into bite-sized chunks</i>
60ml	Wine & Vinegar <i>(30ml White Wine & 30ml Red Wine Vinegar)</i>
80g	Green Beans <i>rinsed, trimmed & halved</i>
150g	Pork Fillet
5ml	NOMU Provençal Rub
180ml	Self-raising Flour
125ml	Fresh Milk
100g	Baby Marrow <i>rinsed, trimmed & sliced into 1cm thick strips</i>
50g	Butter <i>cut into 1cm cubes & kept chilled</i>
5ml	Sriracha
4g	Fresh Chives <i>rinsed & finely chopped</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 25-30 minutes until cooked through, shifting halfway. Place a pan over a high heat with the wine & vinegar. Reduce until almost evaporated. Remove from the heat, and stir in a small splash of water. Remove from the pan.

2. GREENS Return the pan to a medium-high heat with a splash of water. When bubbling, simmer the halved green beans for 3-4 minutes until cooked. Add a drizzle of oil, season, and remove from the pan.

3. PORK Return the pan to a medium-high heat. Pat the pork fillet dry with paper towel, coat in oil, and season. When the pan is hot, sear the pork for 3-4 minutes, shifting as it colours. On completion, it should be browned all over. During the final minute, baste the pork with a knob of butter and the rub. Remove from the pan and place on a baking tray. Pop in the oven and roast for 5 minutes until cooked through. Remove and rest for 5 minutes before slicing.

4. FRIES Place the flour in a shallow dish (seasoned generously). Pour the milk into a second dish. Coat the marrow strips in the milk and then in the flour. Return the pan to a medium-high heat with enough oil to cover the base. When hot, lower the floured marrow into the oil. Fry for 2-3 minutes, until browned. Use a slotted spoon to flip the strips so they brown evenly. Fry in batches if necessary. Drain on paper towel and season.

5. HOLLANDAISE Ready 2 heatproof bowls. Place a pot over a medium-low heat and cover the base with 2cm of water. Keep a close eye on this water - it must only gently simmer! Place one of the heatproof bowls over the pot of water. To the bowl, add 1 egg yolk and the reduced wine mixture. Whisk in a cube of butter at a time, whisking constantly and only adding the next cube when the previous cube has melted. As you add more butter, the sauce will start to thicken. When all the butter has been added, remove from the heat and decant into the second heatproof bowl. Continue whisking until the sauce has thickened. Stir in the sriracha (to taste).

6. EAT! Serve the pork with a helping of the sweet potatoes. Side with the zucchini fries and the green beans. Pour the chilli hollandaise sauce over the pork and garnish with the chopped chives.



Chef's Tip

If you notice your sauce is starting to split, either whisk in another egg yolk or slowly whisk in hot water. Vigorously whisk the sauce until it comes back together!

Nutritional Information

Per 100g

Energy	574kJ
Energy	137Kcal
Protein	6.2g
Carbs	15g
of which sugars	3.2g
Fibre	1.4g
Fat	5.7g
of which saturated	3g
Sodium	6mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook
within 2
Days