

WCOOK

Sticky Garlic Pork & Pear-potato Mash

with a fresh tomato & parsley salad

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Strandveld | Pofadderbos Sauvignon Blanc

| Nutritional Info | Per 100g | Per Portion |
|-------------------------|----------|-------------|
| Energy | 674kJ | 6072kJ |
| Energy | 161kcal | 1452kcal |
| Protein | 3.5g | 31.2g |
| Carbs | 13g | 113g |
| of which sugars | 5.6g | 50.8g |
| Fibre | 2g | 17.8g |
| Fat | 10.5g | 95g |
| of which saturated | 4g | 36.3g |
| Sodium | 104mg | 934mg |

Allergens: Sulphites, Sugar Alcohol (Sweetener), Cow's Milk, Allium

Spice Level: Hot

Eat Within 2 Days



Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|---|
| 600g | 800g | Potato |
| 2 | 2 | Pears |
| 300g | 400g | Leeks <i>trim at the base</i> |
| 480g | 640g | Pork Neck Steak |
| 30ml | 40ml | NOMU Spanish Rub |
| 2 | 2 | Garlic Cloves <i>peel & grate</i> |
| 150ml | 200ml | Sweet Smoked Paprika Sauce <i>(90ml [120ml] Colleen's Handmade Smoked Paprika Chilli Sauce & 60ml [80ml] Honey)</i> |
| 300g | 400g | Baby Tomatoes <i>rinse & halve</i> |
| 30ml | 40ml | Red Wine Vinegar |
| 8g | 10g | Fresh Parsley <i>rinse, pick & finely chop</i> |
| 2 | 2 | Spring Onions <i>rinse, trim & finely slice</i> |
| 90g | 120g | Danish-style Feta <i>drain</i> |

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Paper Towel
Butter
Milk (optional)

1. POTATO & PEAR Rinse, peel (optional) and cut the potato into bite-sized pieces and peel, core and cut 1½ [2] pears into bite-sized pieces. Place the potato and pear in a pot of salted water. Bring to a boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. LEEKS While the mash is cooking, place a pan over medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the leeks until soft and starting to brown, 5-6 minutes (shifting frequently). Remove from the pan and mix through the mash when it is done.

3. PERFECT PORK Return the pan to medium-high heat with a drizzle of oil. Pat the pork dry with paper towel and cut into bite-sized pieces. When hot, sear the pork until crispy, 5-6 minutes (shifting occasionally). You may need to do this in batches. In the final 1-2 minutes, baste the pork with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before seasoning.

4. TOMATO SALAD To a salad bowl, add the tomatoes and red wine vinegar. Toss through the parsley (to taste), the spring onion (to taste), a drizzle of olive oil and seasoning. Set aside.

5. SMOKED PAPRIKA PORK Return the pan to medium-high heat with a drizzle of oil, if necessary. Fry the garlic until fragrant, 30-60 seconds (shifting constantly). Pour in the smoked paprika sauce and simmer until reduced and thickened, 1-2 minutes (shifting occasionally). Remove from the heat and toss through the cooked pork until coated. Cover and set aside.

6. A MEMORABLE MEAL Plate up a generous base of the pear and potato mash and top with the sticky pork. Drizzle over any remaining pan juices. Serve the dressed tomato salad alongside and crumble over the feta.