



UCOOK

Sticky Glazed Plum Pork Chops

with pickled veg & roasted butternut

Carb-free doesn't mean flavour-free, and this dish proves that 100%, Chef! You will agree as you take a mouthful of golden roasted butternut discs spiced with NOMU rub, pickled carrot & cucumber matchsticks, and perfectly seared pork glistening with a garlic, ginger & chilli plum sauce.

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Strandveld | Adamastor White Blend

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Ingredients & Prep

250g	Butternut <i>rinsed, deseeded, peeled (optional) & cut into 2-3cm discs</i>
10ml	NOMU One For All Rub
30ml	White Wine Vinegar
120g	Carrot <i>rinsed, trimmed, peeled & cut into thin matchsticks</i>
50g	Cucumber <i>rinsed & cut into thin matchsticks</i>
30ml	Plum Sauce
10g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>rinsed, trimmed, deseeded & finely chopped</i>
220g	Pork Loin Chop

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. BEGIN WITH BUTTERNUT Preheat the oven to 200°C. Spread the butternut discs on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. QUICK PICKLE To a bowl, add the vinegar, 10ml of sweetener, 30ml of water, and seasoning. Mix through the carrot & cucumber matchsticks, and set aside. Drain the pickling liquid just before serving.

3. YUM PLUM SAUCE In a smaller bowl, combine the plum sauce with the grated ginger & garlic and the chopped chilli (to taste). Set aside.

4. PERFECT PORK Pat the pork chop 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, 3-5 minutes. Then, fry until cooked through, 3-4 minutes per side. In the final 1-2 minutes, drain, discarding any excess oil, and baste with the spicy plum sauce. Remove from the heat and set aside.

5. A MEMORABLE MEAL Plate up the roasted butternut round discs and the pickled veg. Serve the sticky pork chop alongside and drizzle with any remaining pan juices.



Chef's Tip

Air fryer method: Coat the butternut discs in oil, the NOMU rub, and seasoning. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	481kJ
Energy	115kcal
Protein	6.2g
Carbs	9g
of which sugars	4.2g
Fibre	1.4g
Fat	5.6g
of which saturated	1.9g
Sodium	98mg

Allergens

Allium, Sulphites

Cook
within 2
Days