



# 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.

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**Hands-on Time:** 45 minutes

**Overall Time:** 60 minutes

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**Serves:** 4 People

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**Chef:** Megan Bure

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 Carb Conscious

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## Ingredients & Prep

1kg	Butternut <i>rinsed, deseeded, peeled (optional) &amp; cut into 2-3cm discs</i>
40ml	NOMU One For All Rub
120ml	White Wine Vinegar
240g	Carrot <i>rinsed, trimmed, peeled &amp; cut into thin matchsticks</i>
200g	Cucumber <i>rinsed &amp; cut into thin matchsticks</i>
125ml	Plum Sauce
40g	Fresh Ginger <i>peeled &amp; grated</i>
2	Garlic Cloves <i>peeled &amp; grated</i>
1	Fresh Chilli <i>rinsed, trimmed, deseeded &amp; finely chopped</i>
880g	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, 30-35 minutes (shifting halfway).

**2. QUICK PICKLE** To a bowl, add the vinegar, 40ml of sweetener, 120ml 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 chops 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 chops, 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 chops 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