



UCOOK

Caper-garlic Pork Steak

**with charred broccoli & colcannon-style
mashed potatoes**

A delish dish that includes colcannon
mashed potatoes, a delicious Irish recipe.
This complements juicy slices of pork steak
smothered in a vigorous caper-garlic sauce,
and sided with vibrant charred broccoli.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

 Quick & Easy

 Paserene | Bright Chardonnay

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Ingredients & Prep

200g	Potato <i>peeled & cut into bite-sized pieces</i>
100g	Broccoli Florets
100g	Cabbage
1	Garlic Clove
15g	Capers
2g	Fresh Rosemary
160g	Pork Neck Steak
30ml	Red Wine Vinegar
15g	Almonds

From Your Kitchen

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

1. SMASH OUT THE MASH Place the potato pieces in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

2. ROC ON WITH THE BROCC Cut the broccoli florets into bite-sized pieces. Thinly slice the cabbage. Peel and grate the garlic. Drain the capers. Rinse, pick, and roughly chop the rosemary.

3. IRISH INSPIRATION Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, add the sliced cabbage and fry until slightly wilted, 2-3 minutes. In the final minute, add a knob of butter (optional) and seasoning. Mix $\frac{1}{2}$ the fried cabbage through the mash. Cover and set aside.

4. COOKING UP A STORM Return the pan to medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the broccoli pieces until lightly charred, 5-6 minutes. Add a splash of water, cover with the lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season.

5. SMELL THE YUMMINESS Pat the pork neck steak dry with paper towel and season. Return the pan to medium-high heat with a drizzle of oil. When hot, cook the pork until cooked through and golden, 4-6 minutes per side. Remove from the pan and rest for 5 minutes. Slice and season.

6. SENSATIONAL SAUCE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the grated garlic until fragrant, 1-2 minutes (shifting regularly). Add the vinegar and 1 tsp of a sweetener. Cook until the vinegar is almost all evaporated, 1-2 minutes. Add the drained capers, the picked rosemary, 40ml of water, and seasoning. Mix until combined, reduce the heat to medium-low, and simmer for 2-3 minutes until slightly reduced. Swirl in a knob of butter (optional).

7. LOOK AT THAT PLATE! Serve up a heap of the colcannon-style mashed potato. Side with the steak slices, the charred broccoli, and the remaining cabbage. Pour over the caper-garlic sauce and garnish with the almonds. Dig in!



Chef's Tip

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.

Nutritional Information

Per 100g

Energy	482kj
Energy	115kcal
Protein	6.7g
Carbs	8g
of which sugars	1.4g
Fibre	2.1g
Fat	5.9g
of which saturated	1.7g
Sodium	81.2mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 2
Days