



UCOOK

Charred Corn & Spicy Pork Bites

with Danish-style feta & tomatoes

A Tex-Mex inspired salad with all the trimmings! Fresh green leaves are tossed with dots of charred corn, yummy fried beans, tomatoes, and jalapeño pieces. Topped with butter-basted pork slices and drizzled with a lime-flavoured sour cream. All garnished with creamy feta and fresh coriander.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

Deetlefs Wine Estate | Deetlefs Stonecross
Pinotage

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Ingredients & Prep

160g	Pork Neck Steak
10ml	NOMU Cajun Rub
100g	Corn
120g	Black Beans <i>drain & rinse</i>
50ml	Sour Cream
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
15ml	Lemon Juice
20g	Green Leaves <i>rinse</i>
1	Tomato <i>rinse & roughly dice</i>
10g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
30g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. PORK Place a pan over medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 4-6 minutes per side. In the final minute, baste with ½ the NOMU rub and a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

2. CORN & BEANS While the pork is on the go, place a pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Add the drained beans and the remaining NOMU rub, and fry until warmed through, 2-3 minutes. Remove from the heat and season.

3. DRESSING In a small bowl, combine the sour cream, ½ the chopped coriander, the lemon juice (to taste), and seasoning. Loosen with water in 5ml increments until drizzling consistency.

4. DINNER IS READY In a salad bowl, make a bed of the rinsed green leaves. Scatter over the beans & corn, the diced tomatoes, and the chopped jalapeño (to taste). Top with the pork slices and drizzle over the tangy sour cream. Top with the drained feta and garnish with the remaining coriander. Well done, Chef!

Nutritional Information

Per 100g

Energy	878kJ
Energy	210kcal
Protein	5.5g
Carbs	9g
of which sugars	2g
Fibre	1.7g
Fat	16.9g
of which saturated	6.7g
Sodium	201mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
2 Days