

U COOK

Gem Squash & Cranberry Pork Medley

with dried cranberries & walnuts

Hands-on Time: 35 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	450kJ	3126kJ
Energy	108kcal	748kcal
Protein	7.3g	50.9g
Carbs	7g	52g
of which sugars	3.5g	24.5g
Fibre	1.9g	13.3g
Fat	4.4g	30.9g
of which saturated	1.1g	7.5g
Sodium	61mg	422mg

Allergens: Sulphites, Tree Nuts, Cow's Milk, Allium

Eat Within 2 Days

Spice Level: None



Ingredients & Prep Actions:

Serves 3 [Serves 4]

3	4	Gem Squash <i>rinse, halve, deseed & cut into wedges</i>
45g	60g	Walnuts <i>roughly chop</i>
660g	880g	Pork Loin Chops
30ml	40ml	NOMU One For All Rub
45ml	60ml	Mustard Dressing <i>(15ml [20ml] Wholegrain Mustard & 30ml [40ml] Red Wine Vinegar)</i>
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
3	4	Apples <i>rinse, peel, core & roughly dice</i>
45g	60g	Dried Cranberries

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

1. ROAST Preheat the oven to 200°C. Place the gem squash on a roasting tray. Lightly drizzle with oil and season. Roast in the hot oven until soft, 30-35 minutes. Alternatively, air fry at 200°C until crispy, 25-30 minutes.

2. TOAST Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. 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. Return the pan to medium-high heat. Sear the pork chops, fat-side down, until the fat is rendered and crispy, for 3-5 minutes. Then, fry until cooked through, for 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan, season, and rest for 5 minutes.

4. SALAD In a salad bowl, combine the mustard dressing, a drizzle of olive oil, and sweetener (to taste). Mix to emulsify. Add the salad leaves, apples, and the nuts, toss to combine, and season.

5. DINNER IS READY Dish up the gem squash, the juicy pork chops, and the loaded salad. Scatter the dried cranberries over the pork. Well done, Chef!

Chef's Tip To make the salad dressing, place the ingredients in a clean jar, close the lid up tight, and shake. Using a jar emulsifies the dressing much more successfully than just mixing it in a bowl.