



UCCOOK

Crispy Pork Neck & Lentil Bowl

with roasted butternut

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Zevenwacht | Estate Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	835kJ	5630kJ
Energy	200kcal	1347kcal
Protein	5.3g	35.6g
Carbs	11g	72g
of which sugars	2.8g	19.2g
Fibre	2.7g	18g
Fat	14.7g	99.1g
of which saturated	5.2g	35g
Sodium	119mg	804mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into bite-sized pieces</i>
1	1	Onion <i>peel & cut into wedges</i>
7.5ml	15ml	NOMU Moroccan Rub
60g	120g	Tinned Lentils <i>drain & rinse</i>
160g	320g	Pork Neck Steak
30ml	60ml	Honey Mustard Dressing
20g	40g	Danish-style Feta <i>drain</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Paper Towel

Seasoning (salt & pepper)

Water

1. ROAST Preheat the oven to 200°C. Spread the butternut and onion wedges on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. LENTILS Coat the lentils in oil and season. When the roast has 10-15 minutes to go, scatter the lentils over and roast for the remaining time until crispy.

3. PORK NECK 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. TIME TO DINE Bowl up the roast, top with the pork slices, drizzle over the dressing, and crumble over the feta. Garnish with the parsley and dig in, Chef!