



UCOOK

Glazed Pork Neck & Chilli-lime Potatoes

with fresh coriander & Danish-style feta

You will think it's Chinese New Year when you taste this celebration of flavour, Chef. Roasted Chinese 5-spiced baby potatoes are tossed in a homemade lime, chilli & coriander dressing and served with juicy BBQ pork slices. A fresh and creamy feta & greens salad with a garnish of crispy onions completes the dish.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba

Adventurous Foodie

Bertha Wines | Bertha Shiraz 2021

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Ingredients & Prep

500g	Baby Potatoes <i>rinse & cut in half</i>
10ml	Chinese 5-spice
30ml	Lime Juice
1	Fresh Chilli <i>rinse, trim, deseed & finely chop</i>
5g	Fresh Coriander <i>rinse, pick & finely chop</i>
1	Garlic Clove <i>peel & grate</i>
320g	Pork Neck Steak
100ml	BBQ Sauce
40g	Salad Leaves <i>rinse & roughly shred</i>
40g	Danish-style Feta <i>drain</i>
30ml	Crispy Onion Bits

From Your Kitchen

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

1. POTATOES Preheat the oven to 200°C. Spread the halved baby potatoes on a roasting tray. Coat in oil, the Chinese 5-spice, and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. MAKE THE DRESSING In a salad bowl, combine the lime juice, the chopped chilli (to taste), the chopped coriander, the grated garlic (to taste), and a drizzle of olive oil.

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. In the final 1-2 minutes, baste with the BBQ sauce. Remove from the pan with all the pan juices, and rest for 5 minutes before slicing and seasoning.

4. SOME FRESHNESS In a bowl, combine the shredded leaves, the drained feta, a drizzle of olive oil, and seasoning.

5. DINNER IS READY Add the roasted potatoes to the dressing and toss to combine. Plate up the limey potatoes, side with the pork slices, and drizzle over the pan juices. Serve alongside the fresh salad and sprinkle over the crispy onions. Well done, Chef!



Chef's Tip

Air fryer method: Coat the halved baby potatoes in oil, the Chinese 5-spice, and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	990kJ
Energy	237kcal
Protein	4.6g
Carbs	15g
of which sugars	6.3g
Fibre	0.9g
Fat	17g
of which saturated	6.4g
Sodium	173mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy,
Cow's Milk

Eat
Within
2 Days