

UCCOOK

Crispy Pork Rump & Butter Beans

with charred baby marrow & baby spinach

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	299kJ	1832kJ
Energy	71kcal	438kcal
Protein	7.2g	44.4g
Carbs	8g	51g
of which sugars	2g	13g
Fibre	2g	13g
Fat	1g	6g
of which saturated	0.3g	1.7g
Sodium	384mg	2354mg

Allergens: Sulphites, Allium

Spice Level: None



Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300g	400g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
15ml	20ml	Cornflour
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
360g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
45ml	60ml	Rub Mix <i>(30ml [40ml] NOMU Rub & 15ml [20ml] Stock)</i>
3	4	Garlic Cloves <i>peel & grate</i>
360g	480g	Butter Beans <i>drain & rinse</i>
60g	80g	Green Leaves <i>rinse</i>
450g	600g	Pork Rump
7.5ml	10ml	Greek Seasoning
8g	10g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water
Paper Towel

1. CHARRED MARROWS Place a pan over high heat. When hot, add the baby marrow and lightly coat with cooking spray or oil (optional). Fry until charred, 3-4 minutes (shifting occasionally). Remove from the pan.

2. NOMU-SPICED VEGGIES Combine the cornflour with 450ml [600ml] of water. Return the pan to medium-high heat. Add the onions and carrots and lightly coat with cooking spray or oil (optional). Fry until lightly golden, 8-10 minutes (shifting occasionally). Add the rub mix and garlic. Cook until fragrant, 1-2 minutes. Mix in the cornflour mixture and simmer until the carrots are soft and tender, 20-25 minutes. In the final, 4-5 minutes, mix in the beans, baby spinach, baby marrow, and seasoning.

3. PORK RUMP Place a clean pan over medium-high heat. Pat the pork dry with paper towel, lightly coat with cooking spray or oil (optional), and Greek seasoning. When hot, sear the pork, fat-side down, until crispy, 3-5 minutes. Flip the pork onto its side and sear until browned, 2-3 minutes per side. Remove from the pan and rest for 3-5 minutes.

4. A FLAVOUR FEAST Bowl up the veg medley, top with the pork slices, and garnish with the chives, Well done, Chef!