

UCOOK

Honey-mustard Pork & Roast Veggies

with a dried apricot & feta salad

A dinner plate is adorned with golden, honey-mustard pork slices, roasted baby potatoes & carrots, and a fresh salad dotted with dried apricots and topped with crumbled feta. Dinner is served – deliciously!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Fan Faves

 Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

250g	Baby Potato <i>rinsed & halved</i>
240g	Carrot <i>rinsed, trimmed, peeled & cut into wedges</i>
5ml	NOMU One For All Rub
160g	Pork Neck Steak
50ml	Honey-mustard Sauce <i>(15ml Apple Cider Vinegar, 20ml Honey & 15ml Wholegrain Mustard)</i>
20g	Dried Apricots <i>roughly chopped</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>
50g	Cucumber <i>rinsed & sliced into thin rounds</i>
25g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. ROAST VEGGIES Preheat the oven to 200°C. Spread the halved baby potatoes and the carrot wedges on a roasting tray. Coat in oil, the NOMU rub, and seasoning. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

2. HONEY MUSTARD 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 1-2 minutes, baste with the honey-mustard sauce, the chopped apricots, and a knob of butter. Remove from the pan, reserving the pan juices, and rest for 5 minutes before slicing and seasoning. Reserve the pan-fried apricots for the salad. Just before serving, deglaze the pan with a splash of warm water if the pan juices are too thick, and reduce slightly.

3. FRESH SALAD In a salad bowl, combine the shredded salad leaves, the cucumber slices, the apricots, a drizzle of olive oil, and seasoning.

4. TIME TO EAT Plate up the roasted veggies alongside the pork slices. Serve the fresh salad on the side and crumble over the drained feta. Finish off with a drizzle of the pan juices. Tuck in, Chef!



Chef's Tip

Air fryer method: Coat the halved baby potatoes & carrot wedges in oil, the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	485kj
Energy	116kcal
Protein	5.1g
Carbs	13g
of which sugars	6.2g
Fibre	1.6g
Fat	4.7g
of which saturated	1.7g
Sodium	105mg

Allergens

Dairy, Allium, Sulphites

Cook
within 2
Days