



Eat Within 2 Days

UCCOOK

Pork Neck & Kewpie Mayo Dressing

with roasted beetroot & piquanté peppers

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Delheim Wines | Delheim Merlot

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 884kJ | 6569kJ |
| Energy | 212kcal | 1572kcal |
| Protein | 3.7g | 27.5g |
| Carbs | 6g | 43g |
| of which sugars | 1.3g | 10g |
| Fibre | 3g | 22.4g |
| Fat | 16.5g | 122.7g |
| of which saturated | 4.9g | 36.3g |
| Sodium | 70mg | 523mg |

Allergens: Cow's Milk, Egg, Allium, Sesame, Sulphites, Soy

Spice Level: None

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 200g | 400g | Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i> |
| 40g | 80g | Edamame Beans |
| 30ml | 60ml | Kewpie Mayo |
| 1 | 1 | Avocado <i>cut in half & roughly dice ½ [1]</i> |
| 160g | 320g | Pork Neck Steak |
| 5ml | 10ml | NOMU Oriental Rub |
| 20g | 40g | Salad Leaves <i>rinse & roughly shred</i> |
| 50g | 100g | Cucumber <i>rinse & cut into thin rounds</i> |
| 20g | 40g | Piquanté Peppers <i>drain</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Butter
Egg/s (optional)
Seasoning (salt & pepper)

1. GOLDEN BEET Boil the kettle and preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. PLUMP BEANS Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside. In a bowl, add the Kewpie mayo and water in 5ml increments until a drizzling consistency.

3. FROM AVO TO GUAC Add the avocado to a bowl with some seasoning. Mash with a fork until a nice, smooth guacamole forms. Set aside.

4. ORIENTAL-SPICED 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 a knob of butter and the NOMU rub. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

5. OPTIONAL EGG Bring a pot of water to the boil for 1 [2] egg/s (optional). When the water is boiling, cook the egg/s for 6-8 minutes for medium, 6 minutes for medium-soft, and 8-10 minutes for medium-hard. Drain and submerge in cold water. Peel and slice in half before serving. Season.

6. BRING IT ALL TOGETHER Make a bed of the salad leaves. Top with the cucumber, the roasted beetroot, the edamame beans, the egg (optional), and the pork slices, poke bowl-style. Garnish with the piquanté peppers. Dollop over the guacamole and drizzle over the Kewpie mayo. Enjoy!