



UCOOK

Beer-glazed Pork

with charred corn, quinoa & grilled pineapple rings


Tender pork neck steak is marinated in a NOMU African Rub & beer sauce before being fried to perfection. The pork is then adorned with a scattering of charred corn & piquanté peppers tossed in a mustard vinaigrette. Served alongside charred pineapple rings and red quinoa loaded with caramelised onion, creamy feta, pumpkin seeds and fresh basil.

Hands-on Time: 40 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Jewell Willemberg

 Adventurous Foodie

 Simonsig | Die Kluisenaar White Blend

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Ingredients & Prep

320g	Pork Neck Steak
20ml	NOMU African Rub
1 bottle	Beer
100g	Corn
2	Onions <i>peeled & roughly sliced</i>
200ml	Red Quinoa <i>rinsed</i>
80g	Tinned Pineapple Rings <i>drained</i>
15ml	Worcestershire Sauce
35ml	Mustard Dressing <i>(15ml Red Wine Vinegar & 20ml Dijon Mustard)</i>
60g	Sweet Piquanté Peppers <i>drained & roughly chopped</i>
80g	Danish-style Feta <i>drained</i>
10g	Pumpkin Seeds
8g	Fresh Basil <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. MARINATION STATION Pat the steak dry with paper towel. Place in a bowl and coat with the NOMU rub and seasoning. Stir in 100ml of beer. Set aside in the fridge to marinate, 15-20 minutes.

2. CHARRED CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan, season, and set aside.

3. CARAMELISED ONIONS Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

4. FLUFFY QUINOA Place the rinsed quinoa in a pot with 400ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside.

5. GRILLED PINEAPPLE & STEAK Coat the drained pineapple rings in oil. Place a grill pan or a pan over medium-high heat with a knob of butter. When hot, fry the pineapple rings until charred, 2-3 minutes per side. Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil. When hot, fry the marinated steak until charred and cooked through, 2-3 minutes per side. In the final minute, deglaze the pan with a splash of the marinade. Add the worcestershire sauce and baste the steak, 1-2 minutes. Remove and rest for 5 minutes before slicing.

6. JUST BEFORE SERVING Combine the cooked quinoa with the caramelised onion and season. In a salad bowl, combine the mustard dressing, a sweetener, and a drizzle of olive oil. Toss through the charred corn and the chopped peppers.

7. DINNER TIME Plate up the quinoa, side with the sliced steak, and the grilled pineapple. Scatter over the charred corn & peppers. Crumble the drained feta over the quinoa and garnish with the pumpkin seeds and chopped basil. Cheers, Chef!



Chef's Tip

Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	545kj
Energy	130kcal
Protein	6.3g
Carbs	13g
of which sugars	3.2g
Fibre	1.3g
Fat	5.9g
of which saturated	2.1g
Sodium	155mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook
within 2
Days