



UCOOK

Blue Cheese Sauce & Pork

with roasted beetroot & fresh parsley

Sizzling pork neck is served alongside roasted beetroot chunks with tomatoes and green leaves - fluffy, zingy and vibrant! It is sided with a classic, creamy blue cheese sauce, elevating this already delish dish to the next level. Sprinklings of fresh parsley and chopped walnuts finish off this winner of a dinner!

Hands-on Time: 10 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

Carb Conscious

Deetlefs Wine Estate | Deetlefs Estate Soet Hanepoot

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Ingredients & Prep

200g	Beetroot Chunks <i>cut into bite-sized pieces</i>
160g	Pork Neck Steak
10ml	NOMU Roast Rub
1	Tomato <i>rinse & roughly dice</i>
20g	Salad Leaves <i>rinse & shred</i>
60ml	Fresh Cream
20g	Blue Cheese
3g	Fresh Parsley <i>rinse & pick</i>
10g	Walnuts <i>roughly chop</i>

From Your Kitchen

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

1. ROAST BEETROOT Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. TOAST THE NUTS Place the chopped walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. SIZZLING PORK Return the pan to 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 minute, baste the pork with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. LOADED BEET When the beetroot is done, place in a bowl. Add the diced tomato, the rinsed shredded salad leaves, and seasoning. Mix until combined.

5. BLUE CHEESE SAUCE Return the pan to medium-low heat. Add the cream and simmer until slightly reduced, 2-3 minutes. Add the blue cheese and stir until the cheese has melted, 1-3 minutes. Season.

6. DINNER IS SERVED Plate up the loaded roasted beetroot. Side with the pork slices and pour over the dreamy blue cheese sauce. Sprinkle over the picked parsley and garnish with the toasted walnuts. Well done, Chef!



Chef's Tip

Air fryer method: Coat the beetroot pieces in oil and season. Air fry at 200°C until cooked through, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	919kJ
Energy	220kcal
Protein	4.6g
Carbs	4g
of which sugars	1.3g
Fibre	1.4g
Fat	20.1g
of which saturated	8.2g
Sodium	171mg

Allergens

Allium, Tree Nuts, Cow's Milk

Eat
Within
2 Days