



# UCCOOK

## Rosemary & Garlic Pork Steak

with broccoli & carrot orzo

A rich & delicious rosemary-garlic sauce is spooned over juicy pan-fried pork neck steak slices. Served on a bed of orzo loaded with charred broccoli & carrot, and flecks of sweet sun-dried tomatoes. A simple yet indulgent dinner. Eat your heart out, Gordon Ramsey!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Thea Richter

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 Quick & Easy

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 Waterford Estate | Waterford Pecan Stream  
Chenin Blanc 2021

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## Ingredients & Prep

75ml	Orzo Pasta
240g	Carrot <i>peeled &amp; sliced into half-moons</i>
100g	Broccoli Florets <i>cut into bite-sized pieces</i>
20g	Sun-dried Tomatoes <i>drained &amp; roughly chopped</i>
160g	Pork Neck Steak
1	Garlic Clove <i>peeled &amp; grated</i>
30ml	Red Wine Vinegar
2g	Fresh Rosemary <i>rinsed, picked &amp; roughly chopped</i>
10g	Sunflower Seeds

## From Your Kitchen

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

**1. BUBBLING AWAY** Boil the kettle. Fill a pot for the orzo with 200ml of boiling water and add a pinch of salt. Once boiling rapidly, cook the orzo for 7-10 minutes until cooked al dente. Remove from the heat, drain if necessary, and toss through some oil to prevent sticking.

**2. ORZO LOADING** Place a pan, with a lid, over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the carrot half-moons and the broccoli pieces. Fry for 5-6 minutes until lightly charred, shifting occasionally. Add a splash of water, cover with the lid, and leave to simmer for 1-2 minutes until cooked but still al dente. Remove from the pan and set aside. When the orzo is done, add the fried carrot & broccoli and the chopped sun-dried tomatoes to the pot and toss until combined. Season and cover to keep warm.

**3. PERFECT PORK** Pat the pork dry with paper towel and season. Return the pan to a medium-high heat with a drizzle of oil. When hot, cook the pork for 4-6 minutes per side, depending on the thickness, until cooked through and golden. Remove from the pan and rest for 5 minutes.

**4. SO SAUCY** Return the pan to a medium-high heat and deglaze with a splash of water. When hot, fry the grated garlic for 1-2 minutes until fragrant, shifting regularly. Add the vinegar and 1 tsp of a sweetener of choice. Cook until the vinegar is almost evaporated, about 1-2 minutes. Add in the chopped rosemary, 40ml of water and some seasoning. Mix until combined. Lower the heat to medium-low and leave to simmer for 2-3 minutes until slightly reduced. Swirl in a knob of butter (optional) and remove from the heat.

**5. WOWZER!** Plate up the loaded veggie orzo. Top with the pork steak and drizzle over the rosemary-garlic sauce. Sprinkle over the sunflower seeds and finish off with a crack of black pepper. Well done, Chef!



## Chef's Tip

If you would like to toast the sunflower seeds, place them in a pan over medium heat. Toast for 2-4 minutes until lightly browned.

## Nutritional Information

Per 100g

Energy	600kj
Energy	143kcal
Protein	7.3g
Carbs	14g
of which sugars	3.5g
Fibre	2.3g
Fat	6g
of which saturated	1.7g
Sodium	36mg

## Allergens

Gluten, Allium, Wheat, Sulphites

Cook  
within 2  
Days