

WCOOK

Waterkloof's Spiced Pork Rump

with crispy chickpeas & charred baby marrow

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Waterkloof Wine Farm

Wine Pairing: Waterkloof | Seriously Cool Chenin blanc

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 309kJ | 2755kJ |
| Energy | 74kcal | 659kcal |
| Protein | 5.9g | 52.9g |
| Carbs | 9g | 81g |
| of which sugars | 3.7g | 33.2g |
| Fibre | 2.6g | 23.4g |
| Fat | 1.5g | 13.7g |
| of which saturated | 0.3g | 2.3g |
| Sodium | 58mg | 514mg |

Allergens: Sulphites, Cow's Milk

Spice Level: None

Eat Within 2 Days



Ingredients & Prep Actions:

| | | |
|----------|------------|--|
| Serves 3 | [Serves 4] | |
| 30g | 40g | Sunflower Seeds |
| 360g | 480g | Chickpeas <i>drain & rinse</i> |
| 300g | 400g | Baby Marrow <i>rinse, trim & cut into bite-sized pieces on the diagonal</i> |
| 450g | 600g | Pork Rump |
| 15ml | 20ml | Nomu Does Everything |
| 2 | 2 | Oranges <i>rinse & cut into wedges</i> |
| 2 | 2 | Lemons <i>rinse & cut into wedges</i> |
| 150g | 200g | Artichoke Quarters |
| 60g | 80g | Salad Leaves <i>rinse & roughly shred</i> |

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. TOAST Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. CHICKPEAS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 10-12 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

3. CHARRED BABY MARROW Return the pan to medium heat with a drizzle of oil. When hot, fry the baby marrow until charred, 4-5 minutes (shifting occasionally). Remove from the pan and season.

4. PORK RUMP Return the pan to medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. Sear the pork, fat-side down, until crispy, 3-5 minutes. Flip the pork onto its side and sear until browned, 2-3 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. ALL TOGETHER In a salad bowl, combine a drizzle of olive oil, and a squeeze of orange and lemon juice (to taste). Mix to emulsify. Add the artichokes, salad leaves, baby marrow, chickpeas, and toss to combine.

6. TIME TO DINE Bowl up the citrus salad, top with the pork slices, scatter over the sunflower seeds, and garnish with any remaining lemon and orange wedges. Enjoy, Chef!