



UCCOOK

Italian-style Pork & Onion Rings

with a charred patty pan salad

You love ordering onion rings, but have you ever tried to make them, Chef? Well, today's the day! Homemade buttermilk-battered onion rings are served with perfect slices of NOMU Italian Rub-spiced pork, a pan-fried patty pan, toasted almond, & feta salad and creamy mayo for dipping.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Jemimah Smith

Adventurous Foodie

Vilafonté | Seriously Old Dirt

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Ingredients & Prep

15g	Almonds <i>roughly chop</i>
80g	Patty Pans <i>rinse, trim & quarter</i>
160g	Pork Neck Steak
10ml	NOMU Italian Rub
100ml	Flour Mix <i>(55ml Self-raising Flour, 2,5ml Smoked Paprika, 40ml Cornflour & 2,5ml Baking Flour)</i>
1	Onion <i>peel, cut ½ into thick rounds & separate into rings</i>
40ml	Salad Dressing <i>(10ml Honey & 30ml Orange Juice)</i>
40g	Salad Leaves <i>rinse & roughly shred</i>
30g	Pitted Kalamata Olives <i>drain & halve</i>
30g	Danish-style Feta <i>drain</i>
40ml	Tangy Mayo

From Your Kitchen

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

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

2. PATTY PANS GO INTO THE PAN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the patty pan pieces until charred, 4-5 minutes. Remove from the pan, place into a bowl and season.

3. BUTTER-BASTED 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 1-2 minutes, baste with a knob of butter, and the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. BATTER In a bowl, combine the flour mix and seasoning. Gradually add the cold water, whisking until you get a smooth batter (similar to pancake batter).

5. CRISPY ONION RINGS Place a pot over medium-high heat with 4-5cm of oil. Dip each onion ring into the batter, letting the excess drip off. Carefully place the rings into the hot oil, a few at a time. Fry until golden brown, about 2-3 minutes per side. Avoid overcrowding the pan. Drain on paper towel.

6. NUTTY SALAD In a small bowl, combine the salad dressing with 5ml of olive oil and seasoning. To the bowl with the patty pans, add the shredded leaves, the halved olives, the drained feta, the toasted nuts, and the salad dressing. Set aside.

7. PERFECT PLATE OF PORK Serve the pork slices with the golden onion rings on the side. Pile up the patty pan salad alongside and serve the mayo on the side for dipping.

Nutritional Information

Per 100g

Energy	1122kJ
Energy	269kcal
Protein	5.1g
Carbs	11g
of which sugars	2g
Fibre	1.7g
Fat	22.3g
of which saturated	6.9g
Sodium	171mg

Allergens

Cow's Milk, Egg, Gluten, Allium,
Wheat, Sulphites, Tree Nuts

Eat
Within
2 Days