



# UCCOOK

## Tamarind & Mango Pork Chops

with smashed potatoes

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Waterford Estate | Waterford Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	504kj	3198kj
Energy	121kcal	765kcal
Protein	8.6g	54.7g
Carbs	12g	76g
of which sugars	5.4g	34.5g
Fibre	1.4g	8.9g
Fat	3.3g	20.7g
of which saturated	1.1g	6.8g
Sodium	119mg	755mg

**Allergens:** Sulphites, Gluten, Wheat, Soya, Allium

**Spice Level:** Mild

Eat Within 2 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
200g	400g	Baby Potatoes
80g	160g	Fresh Mango Chunks <i>cut into small pieces</i>
15g	30g	Piquanté Peppers <i>drain</i>
40ml	80ml	Tamarind Glaze <i>(15ml [30ml] Tamarind Paste, 15ml [30ml] Low Sodium Soy Sauce &amp; 10ml [20ml] Coconut Sugar)</i>
10g	20g	Fresh Ginger <i>peel &amp; grate</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
220g	440g	Pork Loin Chop
30g	60g	Peas
10ml	20ml	Lime Juice
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel

**1. PARBOILED POTATOES** Boil the kettle. Preheat the oven to 220°C. Place the potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 minutes. Drain and set aside.

**2. SMASHED POTS** Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle over some oil and season. Roast in the hot oven until crispy, 25-30 minutes. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**3. MANGO SALSA & SOME PREP** In a bowl, combine the mango, the peppers, and the seasoning. Set aside in the fridge. In a small bowl, combine the tamarind glaze with ginger and garlic.

**4. PORK CHOP** Pat the pork chop/s dry with paper towel. Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat to prevent the meat from buckling during frying. Coat in oil, and season. Place a pan over medium-high heat. When hot, sear the pork chop, fat-side down, until the fat is rendered and crispy, for 3-5 minutes. Then, fry until cooked through, for 2-3 minutes per side. In the final 1-2 minutes, baste with the tamarind glaze mixture. Remove from the pan with all the pan juices.

**5. SIMPLE SALAD** Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside. In a salad bowl, combine the lime juice, a drizzle of olive oil and mix to emulsify. Add the salad leaves, peas, toss to coat, and season.

**6. TIME TO EAT** Dish up the potatoes, side with the pork chop/s, and the mango salsa. Serve alongside the simple salad and dig in, Chef!