



UCOOK

Glossy Cranberry Sauce & Pork

with rustic pumpkin mash & a fresh apple
salad

There are few things more festive than cranberry sauce — so what better way to start the summer festivities with tender pork rump slices, rustic pumpkin mash, and tangy cranberry sauce? Served alongside a fresh apple salad to add that extra summer punch!

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Carb Conscious

 Creation Wines | Creation Rosé 2022

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Ingredients & Prep

250g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
20g	Pecan Nuts
50ml	Cranberry Juice
50ml	Red Wine
1	Cinnamon Stick
150g	Pork Rump
15ml	Honey-mustard Sauce <i>(10ml Honey & 5ml Dijon Mustard)</i>
1	Apple <i>½ sliced into thin matchsticks</i>
20g	Green Leaves <i>rinsed</i>

From Your Kitchen

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

1. MASH MAGIC Preheat the oven to 200°C. Place the pumpkin pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway. On completion, mash with a potato masher or fork until a rustic mash forms. Stir through a splash of milk or water and a knob of butter or a drizzle of oil. Season to taste and cover to keep warm for serving.

2. TOASTING TIME Place a pan over a medium heat. Once hot, toast the pecan nuts for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and set aside.

3. CRANBERRY CRAZY Place a pot over a medium heat. When hot, add the cranberry juice, 50ml water, the red wine, and the cinnamon stick. Lower the heat and leave to simmer for 6-8 minutes until thickened, stirring frequently. On completion, the sauce should have a syrup-like consistency. Remove the cinnamon stick. Add 10g butter and a splash of water. Cook for 1-2 minutes.

4. PERFECT PORK Pat the pork rump dry with some paper towel. Coat in oil and some seasoning. Return the pan to a medium-high heat. When hot, sear the pork for 3-4 minutes per side. During the final minute, baste the pork with a knob of butter (optional) and the honey-mustard sauce. Remove on completion and allow to rest for 5 minutes before thinly slicing. Alternatively, leave it whole.

5. SALAD STEP In a salad bowl, add the apple matchsticks, the toasted pecan nuts, the rinsed green leaves, a drizzle of olive oil, and seasoning. Toss until fully combined.

6. SWEET FEASTING Dish up a hearty plate of rustic pumpkin mash and juicy pork rump slices. Spoon over the syrupy cranberry sauce, and side with the fresh apple salad. Merry munching, Chef!



Chef's Tip

To stop the sliced apple from browning, place it in a bowl of water with a squeeze of lemon juice.

Nutritional Information

Per 100g

Energy	527kJ
Energy	138kcal
Protein	5.5g
Carbs	10g
of which sugars	5.4g
Fibre	2.5g
Fat	7.2g
of which saturated	1.9g
Sodium	38mg

Allergens

Sulphites, Tree Nuts, Alcohol

Cook
within 2
Days