



# UCOOK

## Pork Neck & Heavenly Herb Sauce

**with couscous, roasted aubergine & crispy onion bites**

Succulent pork neck is basted in tandoori spices and seared to perfection! It is served on a bed of fluffy spiced wholewheat couscous alongside a roasted aubergine salad. This amazing dish is finished off with a dreamy crème fraîche, mustard, and herb sauce. What are you waiting for? Add to cart!

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**Hands-On Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People


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**Chef:** Megan Bure

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 Quick & Easy

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 Fat Bastard | Chenin Blanc

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## Ingredients & Prep

|       |  |
|-------|--|
| 750g  | Aubergine<br><i>rinsed, trimmed &amp; cut into bite-sized chunks</i> |
| 30ml  | NOMU Roast Rub   |
| 225ml | Whole Wheat Couscous   |
| 12g   | Fresh Rosemary<br><i>rinsed &amp; picked</i>                         |
| 12g   | Fresh Thyme<br><i>rinsed &amp; picked</i>                            |
| 480g  | Pork Neck Steak  |
| 30ml  | Tandoori Spice   |
| 125ml | Crème Fraîche  |
| 60ml  | Wholegrain Mustard   |
| 60g   | Green Leaves<br><i>rinsed</i>  |
| 60g   | Capers<br><i>drained</i>   |
| 30ml  | Crispy Onions  |

## From Your Kitchen

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

**1. AUBERGINE** Preheat the oven to 220°C. Spread out the aubergine chunks on a roasting tray, coat in oil, the Roast Rub, and seasoning. Roast in the hot oven for 30-35 minutes until softened, shifting halfway.

**2. COUSCOUS** Boil the kettle. Using a shallow bowl, submerge the couscous in 375ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 5-8 minutes until tender. Once cooked, fluff up with a fork.

**3. STEAK** Roughly chop the rinsed rosemary and thyme. Pat the pork neck steaks dry with paper towel and season. Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the pork for 4-6 minutes per side or until cooked through. In the final minute, baste with ½ the tandoori spice and a knob of butter. Allow to rest for 5 minutes. Slice and lightly season.

**4. CREAMY SAUCE** Return the pan to a medium heat with a knob of butter. Add the crème fraîche, the mustard, the chopped rosemary, the chopped thyme, the remaining tandoori spice, and 60ml of water. Mix until fully combined and leave to simmer for 4-5 minutes until slightly thickened. Add an extra splash of water if necessary.

**5. SALADS** In a salad bowl, combine the rinsed green leaves, the drained capers, a drizzle of oil, and seasoning. Set aside. In a separate bowl, combine the cooked couscous and the roasted aubergine. Season if necessary.

**6. DELISH!** Plate up the couscous-aubergine salad alongside the pork neck steak slices. Top with the creamy herb sauce and side with the caper salad. Sprinkle over the crispy onions. There you have it, Chef!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 674kJ   |
| Energy             | 161Kcal |
| Protein            | 7.3g    |
| Carbs              | 12g     |
| of which sugars    | 2.6g    |
| Fibre              | 3.2g    |
| Fat                | 8.9g    |
| of which saturated | 3.7g    |
| Sodium             | 289.1mg |

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 2  
Days