

UCOOK

Broccoli & Mustard-lemon Pork

with pineapple pieces, fresh chilli & lemon


Light meals don't have to be boring. Why not give our delicious pan seared pork neck steak, dried cranberry, and pineapple salad with a delish wholegrain mustard & chilli dressing a go? It is easy as 1, 2, 3 yet ranks at 100 on the flavour scale!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Creation Wines | Creation Rosé 2022

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Ingredients & Prep

150g	Broccoli Florets <i>cut into bite-sized pieces</i>
160g	Pork Neck Steak
1	Red Onion <i>½ peeled & finely sliced</i>
60g	Pineapple Pieces <i>drained & roughly chopped</i>
20g	Salad Leaves <i>rinsed</i>
20g	Dried Cranberries <i>roughly chopped</i>
100g	Cucumber <i>sliced into half-moons</i>
1	Lemon <i>½ cut into wedges</i>
1	Fresh Chilli <i>deseeded & finely chopped</i>
5ml	Wholegrain Mustard

From Your Kitchen

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

1. BROCCOLI BEAUT Preheat the oven to 200°C. Place the broccoli pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 15-20 minutes until cooked through and crisping up, shifting halfway.

2. PORK TIME! When the broccoli has 10 minutes remaining, place a nonstick pan over a medium-high heat. Pat the pork neck steak dry with some paper towel and coat in oil. When the pan is hot, sear the pork for 4-6 minutes, until browned and cooked through. Remove from the pan and allow to rest for 5 minutes before thinly slicing. Season the slices.

3. VIBRANT SALAD When the broccoli is done, place in a bowl. Add the onion slices (to taste), the chopped pineapple, the rinsed salad leaves, the chopped cranberries, and the cucumber half-moons. Mix until fully combined. In a separate bowl, combine the juice from 1 lemon wedge, the chopped chilli (to taste), the mustard, a drizzle of oil, and seasoning.

4. THE MAIN EVENT! Plate up the cranberry salad. Top with the juicy pork slices and drizzle over the mustard-lemon dressing. Easy yet totally delicious, Chef!

Nutritional Information

Per 100g

Energy	416kJ
Energy	99kcal
Protein	5.7g
Carbs	8g
of which sugars	3.4g
Fibre	2.1g
Fat	4.9g
of which saturated	1.6g
Sodium	34mg

Allergens

Allium, Sulphites

Cook
within 2
Days