

## **UCOOK**

## Glazed Pork Neck & Chilli-lime Potatoes

with fresh coriander & Danish-style feta

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Chardonnay

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 981kJ    | 5369kJ      |
| Energy             | 235kcal  | 1284kcal    |
| Protein            | 4.6g     | 25.1g       |
| Carbs              | 15g      | 80g         |
| of which sugars    | 6.3g     | 34.3g       |
| Fibre              | 0.8g     | 4.4g        |
| Fat                | 16.9g    | 92.2g       |
| of which saturated | 6.3g     | 34.4g       |
| Sodium             | 171mg    | 935mg       |

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites,

Soy

Spice Level: Mild

| Ingredients & Prep Actions: |  |  |  |
|-----------------------------|--|--|--|
| Serves 1<br>250g            | [Serves 2]<br>500g                     | Baby Potatoes rinse & cut in half                    |  |
| 5ml                         | 10ml                                   | Chinese 5-spice                                      |  |
| 15ml                        | 30ml                                   | Lime Juice   |  |
| 1                           | 1                                      | Fresh Chilli<br>rinse, trim, deseed & finely<br>chop |  |
| 3g                          | 5g                                     | Fresh Coriander rinse, pick & finely chop            |  |
| 1                           | 1                                      | Garlic Clove peel & grate                            |  |
| 160g                        | 320g                                   | Pork Neck Steak                                      |  |
| 50ml                        | 100ml                                  | BBQ Sauce  |  |
| 20g                         | 40g                                    | Salad Leaves rinse & roughly shred                   |  |
| 20g                         | 40g                                    | Danish-style Feta<br>drain                           |  |
| 5g                          | 10g                                    | Crispy Onion Bits                                    |  |
| From Your Kitchen           |  |  |  |
| Water<br>Paper To           | king, olive or<br>wel<br>g (salt & pep |  |  |

Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. MAKE THE DRESSING In a salad bowl, combine the lime juice, the chilli (to taste), the coriander, the garlic (to taste), and a drizzle of olive oil.

1. POTATOES Preheat the oven to 200°C. Spread the baby potatoes on a roasting tray. Coat in oil, the Chinese-5 spice, and season. Roast in the hot oven until crispy, 25-30 minutes (shifting halfway).

- 3. PORK NECK Place a pan over 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 the BBQ sauce. Remove from the pan with all the pan juices, and rest for 5 minutes before slicing and seasoning.
- 4. SOME FRESHNESS In a bowl, combine the salad leaves, the feta, a drizzle of olive oil, and seasoning.
- 5. DINNER IS READY Add the roasted potatoes to the dressing and toss to combine. Plate up the limey potatoes, side with the pork slices, and drizzle over the pan juices. Serve alongside the fresh salad and sprinkle over the crispy onions. Well done, Chef!