

# QCOOK

## Mushroom Sauce & Pork Neck

with roasted carrot salad

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Hellen Mwanza

**Wine Pairing:** Painted Wolf Wines | The Den Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	757kJ	4985kJ
Energy	181kcal	1193kcal
Protein	3.9g	25.4g
Carbs	5g	35g
of which sugars	2.6g	17.2g
Fibre	1.8g	11.6g
Fat	15.8g	103.7g
of which saturated	6g	39.8g
Sodium	22mg	145mg

**Allergens:** Sulphites, Tree Nuts, Cow's Milk, Allium

**Spice Level:** None

Eat Within 2 Days



## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
240g	480g	Carrot <i>trim, peel &amp; cut into bite-sized pieces on the diagonal</i>
10g	20g	Almonds <i>roughly chop</i>
125g	250g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
40ml	80ml	Crème Fraîche
160g	320g	Pork Neck Steak
10ml	20ml	Red Wine Vinegar
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
50g	100g	Cucumber <i>rinse &amp; cut into half-moons</i>

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the carrot on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. TOAST** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. PORK NECK** Return the pan to 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**4. MMMUSHROOM SAUCE** Return the pan to medium-high heat with a drizzle of oil. Fry the mushrooms until golden, 4-6 minutes (shifting occasionally). Add the garlic and fry until fragrant, 1-2 minutes. Deglaze the pan with a splash of water and mix in the crème fraîche. Remove from the heat and season.

**5. NUTTY SALAD** In a salad bowl, combine the vinegar, a drizzle of olive oil, and mix to emulsify. Add the carrot, salad leaves, almonds, and cucumber. Toss to combine and season.

**6. WELL DONE!** Plate up the loaded carrot salad, along with the pork slices, and top with the mushroom sauce. Dig in, Chef!