

UCOOK

Pork Rump & Kewpie Mayo Dressing

with roasted carrot, bell pepper & crispy kale

Dinner is one less thing you have to worry about today, Chef! NOMU Oriental Rub-spiced pork slices share a plate with a medley of oven roasted and fresh veggies, including carrots, edamame beans, cucumber rounds, kale & bell peppers. Add an optional boiled egg, drizzle everything with kewpie mayo, add the avo, and tick dinner off your 'to do' list.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Jade Summers

Carb Conscious

 Strandveld | Adamastor White Blend

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Ingredients & Prep

| | |
|-------|---|
| 360g | Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i> |
| 2 | Bell Peppers <i>rinse, deseed & cut 1½ into strips</i> |
| 150g | Kale <i>rinse & roughly shred</i> |
| 30ml | Rice Wine Vinegar |
| 2 | Onions <i>peel & roughly slice 1½</i> |
| 150g | Edamame Beans |
| 450g | Pork Rump |
| 15ml | NOMU Oriental Rub |
| 180ml | Kewpie Mayo |
| 2 | Avocados |
| 150g | Cucumber <i>rinse & cut into thin rounds</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Butter
Sugar/Sweetener/Honey

1. GOLDEN CARROTS Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. HAIL TO THE KALE Boil the kettle. On a separate roasting tray, spread the pepper strips and the shredded kale. Coat in oil and season. When the carrots have reached their halfway mark, add the tray of dressed kale & pepper to the oven and roast for the remaining time.

3. PICKLED ONION & PLUMP BEANS In a bowl, combine the vinegar, 15ml of sweetener, and seasoning. Toss through the sliced onion and set aside to pickle. Drain before serving. In a separate bowl, submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

4. ORIENTAL-SPICED PORK Place a pan over medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork, fat-side down, until crispy, 3-5 minutes. Flip the pork onto its side and sear until browned, 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

5. CREAMY X2 While the pork is frying, loosen the kewpie mayo with water in 5ml increments until drizzling consistency. Halve the avocados and set aside one of the halves for another meal. Peel the skin off, keeping the flesh intact. Thinly slice the avocado and season.

6. OPTIONAL EGGS Bring a pot of water to the boil for 3 eggs (optional). When the water is boiling, cook the eggs for 6-8 minutes for medium, 6 minutes for medium-soft, and 8-10 minutes for medium-hard. Drain and submerge in cold water. Peel and slice in half before serving. Season.

7. BRING IT ALL TOGETHER Plate up the roasted carrots. Side with the beans, the pickled onions, the cucumber rounds, the avo slices, the boiled egg (optional), the crispy kale and pepper strips, and the sliced pork. Drizzle over the kewpie mayo, and enjoy!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 470kJ |
| Energy | 112kcal |
| Protein | 4.9g |
| Carbs | 6g |
| of which sugars | 1.9g |
| Fibre | 2.4g |
| Fat | 3.8g |
| of which saturated | 0.7g |
| Sodium | 38mg |

Allergens

Egg, Allium, Sesame, Sulphites, Soy, Cow's Milk

Eat
Within
1 Day