



UCCOOK

Texan Cowboy Pork

with charred BBQ onions & a creamy carrot mash

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Thea Richter

Wine Pairing: Neil Ellis Wines | Neil Ellis Wild Flower Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	398kJ	2778kJ
Energy	95kcal	665kcal
Protein	6.7g	47.1g
Carbs	9g	66g
of which sugars	4.2g	29.4g
Fibre	2.1g	14.7g
Fat	3g	20.7g
of which saturated	1.2g	8.2g
Sodium	110mg	766mg

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

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
240g	480g	Carrot <i>peel, trim & cut into bite-sized pieces</i>
1	1	Spring Onion <i>rinse & finely slice, keeping the white & green parts separate</i>
10g	20g	Pumpkin Seeds
15ml	30ml	Pesto Princess Chimichurri Sauce
50g	100g	Corn
150g	300g	Pork Fillet
1	1	Onion <i>peel & roughly slice ½ [1]</i>
15ml	30g	Richard Bosman's BBQ Sauce
20g	40g	Green Leaves <i>rinse & roughly shred</i>
30g	60g	Danish-style Feta <i>drain & crumble</i>

From Your Kitchen

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

1. CARROT MASH Boil the kettle. Place the carrot in a pot of salted water. Boil until soft, 25-30 minutes. Drain and return to the pot. Stir in the spring onion whites, a knob of butter (optional), and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. TOASTY SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. In a bowl, loosen the chimichurri with 1 [2] tbsp of olive oil. Set aside.

3. CHARRED CORN Return the pan to high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside in a salad bowl.

4. JUICY PORK Return the pan to medium heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 4-5 minutes on one side. Flip, cover with the lid, lower the heat, and fry until cooked through, 6-8 minutes. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. BBQ GOODNESS Return the pan to high heat and deglaze with a splash of water. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). In the final 1-2 minutes, stir through the BBQ sauce and a knob of butter (optional). Remove from the heat, cover, and set aside.

6. ONE LAST STEP Toss the green leaves, spring onion greens, feta, a drizzle of olive oil, and seasoning through the corn. Set aside.

7. DINNER IS SERVED Lay down the carrot mash, top with the pork slices, and the BBQ onions. Drizzle over the chimichurri and serve the charred corn salad on the side. Garnish with the toasted pumpkin seeds. Lasso it in, Chef!

Chef's Tip Deglazing is a cooking technique where the browned food residue from the base of the pan is lifted by liquid and stirred together. This mixture is then used to add flavour.