



UCCOOK

Seared Pork & Kewpie Mayo Potatoes

with a quick pickled cucumber salad

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast
Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	655kJ	3763kJ
Energy	157kcal	900kcal
Protein	9g	51.7g
Carbs	6g	36g
of which sugars	1g	5.6g
Fibre	0.7g	4g
Fat	8.9g	51.2g
of which saturated	1.4g	7.8g
Sodium	86mg	495mg

Allergens: Egg, Sesame, Sulphites, Soy

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato Chunks
10ml	20ml	Rice Wine Vinegar
2,5ml	5ml	Dried Chilli Flakes
100g	200g	Cucumber <i>rinse & roughly dice</i>
40ml	80ml	Kewpie Mayo
220g	440g	Pork Loin Chop/s
5ml	10ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. HOT POTATO Coat the potato in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway). Alternatively, roast in a 200°C hot oven until golden, 25-30 minutes (shifting halfway).

2. SPICY CUCUMBER PICKLE In a bowl, combine the rice wine vinegar, 1 [2] tbsp of sweetener (to taste), 1 tbsp of water, and the chilli flakes (to taste). Mix until fully combined. Toss through the cucumber and set aside. In a separate bowl, loosen the mayo with water in 5ml increments until drizzling consistency. Set aside.

3. BUTTER-BASTED PORK Pat the pork chop/s dry with paper towel. Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat to prevent the meat from buckling during frying. Coat in oil, and season. Place a pan over medium-high heat. When hot, sear the pork chop, fat-side down, until the fat is rendered and crispy, for 3-5 minutes. Then, fry until cooked through, for 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter.

4. TA-DA! Plate up the pork and serve the cucumber alongside. Pile up the potatoes, drizzle it all with the mayo, and finish with a scattering of sesame seeds.

Chef's Tip If you would like to toast the sesame seeds, place them in a pan over a medium heat. Toast for 2-4 minutes until lightly browned.