



UCOOK

Glazed Pork Neck & Chilli-lime Potatoes

with fresh coriander & Danish-style feta

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post-Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	994.5kJ	5639.4kJ
Energy	237.9kcal	1348.9kcal
Protein	5.1g	28.6g
Carbs	14.6g	83g
of which sugars	6.1g	34.6g
Fibre	0.8g	4.6g
Fat	17.3g	97.9g
of which saturated	6.8g	38.3g
Sodium	201.3mg	1141.3mg

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

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

250g	500g	Baby Potatoes <i>rinse & cut in half</i>
5ml	10ml	Chinese 5-spice
15ml	30ml	Lime Juice
1	1	Fresh Chilli <i>rinse, trim, deseed & finely chop</i>
3g	5g	Fresh Coriander <i>rinse, pick & finely chop</i>
1	1	Garlic Clove <i>peel & grate</i>
160g	320g	Pork Neck Steak
50ml	100ml	BBQ Sauce
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
40g	80g	Danish-style Feta <i>drain</i>
5g	10g	Crispy Onion Bits

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

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). 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.

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!