

WCOOK

Sticky Garlic Pork & Pear-potato Mash

with a fresh tomato & parsley salad

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Strandveld | Pofadderbos Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	674kJ	6072kJ
Energy	161kcal	1452kcal
Protein	3.5g	31.2g
Carbs	13g	113g
of which sugars	5.6g	50.8g
Fibre	2g	17.8g
Fat	10.5g	95g
of which saturated	4g	36.3g
Sodium	104mg	934mg

Allergens: Sulphites, Sugar Alcohol (Sweetener), Cow's Milk, Allium

Spice Level: Hot

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato
1	1	Pear
100g	200g	Leeks <i>trim at the base</i>
160g	320g	Pork Neck Steak
10ml	20ml	NOMU Spanish Rub
1	1	Garlic Clove <i>peel & grate</i>
50ml	100ml	Sweet Smoked Paprika Sauce <i>(30ml [60ml] Colleen's Handmade Smoked Paprika Chilli Sauce & 20ml [40ml] Honey)</i>
100g	200g	Baby Tomatoes <i>rinse & halve</i>
10ml	20ml	Red Wine Vinegar
3g	5g	Fresh Parsley <i>rinse, pick & finely chop</i>
1	1	Spring Onion <i>rinse, trim & finely slice</i>
30g	60g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Paper Towel
Butter
Milk (optional)

1. POTATO & PEAR Rinse, peel (optional) and cut the potato into bite-sized pieces and peel, core and cut ½ [1] the pear into bite-sized pieces. Place the potato and pear in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional) and a splash of water or milk (optional). Mash with a fork, season, and cover.

2. LEEKS While the mash is cooking, place a pan over medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the leeks until soft and starting to brown, 4-5 minutes (shifting frequently). Remove from the pan and mix through the mash when it is done.

3. PERFECT PORK Return the pan to medium-high heat with a drizzle of oil. Pat the pork dry with paper towel and cut into bite-sized pieces. When hot, sear the pork until crispy, 5-6 minutes (shifting occasionally). In the final 1-2 minutes, baste the pork with a knob of butter and the NOMU rub. Remove from the pan and rest for 5 minutes before seasoning.

4. TOMATO SALAD To a salad bowl, add the tomatoes and red wine vinegar. Toss through the parsley (to taste), the spring onion (to taste), a drizzle of olive oil and seasoning. Set aside.

5. SMOKED PAPRIKA PORK Return the pan to medium-high heat with a drizzle of oil, if necessary. Fry the garlic until fragrant, 30-60 seconds (shifting constantly). Pour in the smoked paprika sauce and simmer until reduced and thickened, 1-2 minutes (shifting occasionally). Remove from the heat and toss through the cooked pork until coated. Cover and set aside.

6. A MEMORABLE MEAL Plate up a generous base of the pear and potato mash and top with the sticky pork. Drizzle over any remaining pan juices. Serve the dressed tomato salad alongside and crumble over the feta.