



UCCOOK

Plum Glazed Pork Neck

with pickled veg & roasted butternut

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Groote Post Winery | Groote Post Pinch of Salt Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	743kJ	6316kJ
Energy	178kcal	1513kcal
Protein	3.1g	26.2g
Carbs	10g	89g
of which sugars	4.4g	37g
Fibre	2.9g	24.3g
Fat	13.9g	117.8g
of which saturated	4.2g	35.7g
Sodium	93mg	790mg

Allergens: Gluten, Allium, Wheat, Sulphites, Soy

Spice Level: Hot

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>rinse, deseed, peel (optional) & cut into 1-2cm discs</i>
10ml	20ml	NOMU One For All Rub
30ml	60ml	White Wine Vinegar
120g	120g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
30ml	60ml	Plum Sauce
10g	20g	Fresh Ginger <i>peel & grate</i>
1	1	Garlic Clove <i>peel & grate</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely chop</i>
160g	320g	Pork Neck Steak
1	1	Avocado <i>cut in half & thinly slice ½ [1]</i>

From Your Kitchen

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

1. BEGIN WITH BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil, the NOMU rub and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. QUICK PICKLE To a bowl, add the vinegar, 10ml [20ml] of sweetener, 30ml [60ml] of water, and seasoning. Mix through the carrot, and set aside. Drain the pickling liquid just before serving.

3. YUM PLUM SAUCE In a smaller bowl, combine the plum sauce with the ginger and garlic and the chilli (to taste). Set aside.

4. PERFECT 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 until browned, 4-6 minutes per side. In the final 1-2 minutes, drain, discarding any excess oil, and baste with the spicy plum sauce. Remove from the heat and set aside. Remove from the pan, season and rest for 5 minutes.

5. A MEMORABLE MEAL Plate up the roasted butternut discs and the pickled carrot and top with the avocado slices. Serve the sticky pork alongside and drizzle with any remaining pan juices.