



UCCOOK

Fennel Pork Neck & Aubergine

with fresh mint & Danish-style feta cheese

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Zevenwacht | Estate Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	821kJ	4646kJ
Energy	196kcal	1112kcal
Protein	4.4g	24.8g
Carbs	6g	32g
of which sugars	4.1g	23.1g
Fibre	2.1g	11.9g
Fat	17g	96.3g
of which saturated	6.1g	34.7g
Sodium	840mg	4757mg

Allergens: Cow's Milk, Tree Nuts

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Aubergine <i>rinse, trim & cut into wedges</i>
10g	20g	Almonds <i>roughly chop</i>
160g	320g	Pork Neck Steak
2,5ml	5ml	Fennel Seeds
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
100g	200g	Fresh Cherries <i>rinse, halve & deseed</i>
3g	5g	Fresh Mint <i>rinse, pick & roughly chop</i>
20g	40g	Danish-style Feta <i>drain & crumble</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Seasoning (Salt & Pepper)

1. **ROASTED AUBS** Preheat the oven to 220°C. Spread the aubergine on a roasting tray, coat in oil, and season. Roast in the hot oven until softened, 30-35 minutes (shifting halfway).

2. **ALL THE ALMONDS** Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. **CHOP-CHOP 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, baste with a knob of butter and the fennel seeds (to taste). Remove from the pan, reserving any pan juices, rest for 5 minutes before slicing and seasoning.

4. **BERRY & MINT SALAD** Place the salad leaves in a bowl and toss together with the cherries, ½ the mint, ½ the toasted nuts, a drizzle of olive oil, and season.

5. **WHAT A DELIGHT!** Plate up the golden aubergine wedges alongside the fennel basted pork. Drizzle with any remaining pan juices. Side with the fresh salad and sprinkle over the feta. Finish with a scattering of the remaining mint and nuts.