

UCCOOK

Pork Rump & Coconut Sauce

with roast veg

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Calorie Conscious: Serves 1 & 2

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	439kJ	2080kJ
Energy	105kcal	497kcal
Protein	8.3g	39.1g
Carbs	11g	54g
of which sugars	3g	13g
Fibre	1g	4g
Fat	2.4g	11.2g
of which saturated	1.3g	6g
Sodium	104mg	495mg

Allergens: Sulphites, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Roast Veg Mix
150g	300g	Pork Rump
10g	20g	Fresh Ginger <i>peel & grate</i>
40ml	80ml	Coconut Milk
20ml	40ml	Soy Mix <i>10ml [20ml] Lemon Juice & 10ml [20ml] Sweet Soy)</i>
5ml	10ml	Black Sesame Seeds
3g	5g	Fresh Chives <i>rinse & roughly chop</i>

From Your Kitchen

Cooking Spray (or oil of your choice)
Seasoning (salt & pepper)
Water
Paper Towel

- 1. VEGGIE MEDLEY** Preheat the oven to 200°C. Spread the veg mix on a roasting tray. Lightly coat with cooking spray or oil (optional), and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).
- 2. JUICY PORK** Place a pan over medium-high heat. Pat the steak dry with paper towel. Lightly coat with cooking spray or oil (optional). When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). Remove from the pan and rest for 5 minutes before slicing and seasoning.
- 3. GINGER SAUCE** Return the pan to medium heat. Fry the ginger until fragrant, 1-2 minutes. Add the coconut milk and simmer until thickened, 10-12 minutes. Remove from the heat, add the soy mix, and season.
- 4. A PROUD MOMENT** Plate up the roasted veggies, top with the sliced pork, pour over the ginger sauce, and sprinkle over the sesame seeds and the chives. Enjoy!