



UCOOK

Chargrilled Corn & Tex-Mex Style Pork

with herby crème fraîche & a baby tomato salsa

A dollop of butter on corn on the cob is a classic, but if you want to try something that adds a wow-factor to your plate, a coriander crème fraîche is the way to go. Served with Old Stone Mill Mexican Spice-infused pork fillet, a zesty cucumber & baby tomato salsa, and a spicy hit of jalapeños.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

*New Calorie Conscious

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Ingredients & Prep

1	Corn On The Cob <i>remove silks & cut into thirds</i>
150g	Pork Fillet
7,5ml	Old Stone Mill Mexican Spice
100g	Cucumber <i>rinse & cut in half lengthways</i>
80g	Baby Tomatoes <i>rinse & cut into quarters</i>
15ml	Lime Juice
50ml	Crème Fraîche
3g	Fresh Coriander <i>rinse, pick & finely chop</i>
15g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. CORN Place a pan (that has a lid) over medium heat with enough water to cover the base. Add the corn and bring to a simmer. Once simmering, cover and cook until all the water has evaporated, 8-10 minutes. Add a drizzle of oil and fry until lightly charred, 3-4 minutes (turning as it colours). Remove from the pan and set aside. Alternatively, air fry at 200°C until tender and lightly golden, 12-15 minutes (shifting halfway).

2. PORK FILLET Place a pan (that has a lid) over medium heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 3-4 minutes on one side. Flip, cover with the lid, lower the heat, and fry until cooked through, 6-8 minutes. During the final 1-2 minutes, spice the pork with the Mexican spice. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. SOME FRESHNESS Using a spoon or a knife, gently scoop out the seeds from the cucumber and cut into half moons. In a bowl, combine the tomatoes, the cucumber, the lime juice (to taste), ½ the coriander, and seasoning. In a small bowl, combine the crème fraîche with the remaining coriander.

4. DINNER IS READY Smear the corn with the herby crème fraîche, sprinkle over the chopped jalapeños (to taste), serve alongside the pork slices, and the tomato salsa. Well done, Chef!



Chef's Tip

To achieve perfectly charred and smoky corn on the cob, place the corn directly on a hot grill, turning every 2-3 minutes, until the kernels are charred evenly, 8-10 minutes.

Nutritional Information

Per 100g

Energy	416kj
Energy	100kcal
Protein	8.3g
Carbs	5g
of which sugars	2g
Fibre	1g
Fat	4.9g
of which saturated	2.6g
Sodium	78.3mg

Allergens

Cow's Milk, Allium, Sulphites

Eat
Within
2 Days