

QCOOK

Pork Rump & Kewpie Mayo Dressing

with roasted beetroot & piquanté peppers

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Neil Ellis Wines | Neil Ellis Wild Flower Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	531kj	3255kj
Energy	127kcal	778kcal
Protein	6.8g	41.9g
Carbs	6g	36g
of which sugars	1.6g	10g
Fibre	2.9g	17.7g
Fat	7.9g	48.5g
of which saturated	0.4g	2.2g
Sodium	199mg	1222mg

Allergens: Sulphites, Egg, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 1 Day



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
30ml	60ml	Kewpie Mayo
40g	80g	Peas
150g	300g	Pork Rump
5ml	10ml	NOMU One For All Rub
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
20g	40g	Piquanté Peppers <i>drain</i>
1	1	Guacamole

From Your Kitchen

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

1. GOLDEN BEET Boil the kettle and preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. KEWPIE DRESSING In a bowl, add the Kewpie mayo and water in 5ml increments until a drizzling consistency. In a separate bowl, submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

3. ORIENTAL-SPICED 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, fat-side down, until crispy, 3-5 minutes. Flip the pork onto its side and sear until browned, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

4. OPTIONAL EGG Bring a pot of water to the boil for 1 [2] egg/s (optional). When the water is boiling, cook the egg/s for 6-8 minutes for medium, 6 minutes for medium-soft, and 8-10 minutes for medium-hard. Drain and submerge in cold water. Peel and slice in half before serving. Season.

5. BRING IT ALL TOGETHER Make a bed of the salad leaves. Top with the roasted beetroot, the peas, the egg (optional), and the pork slices. Garnish with the piquanté peppers. Dollop over the guacamole and drizzle over the Kewpie mayo. Enjoy!