



# UCOOK

## Domaine Des Dieux's Fennel Pork Chop

**with fresh mint & Danish-style feta cheese**

As a Chef, don't you just love it when you discover new and unexpected flavour combinations to surprise and delight the palate? Butter-basted, fennel seed-spiced pork chop is sided with a dried cranberry, cooling mint, creamy feta, & fresh greens salad and oven roasted aubergine. Finished with toasted almonds.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People

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**Chef:** Domaine Des Dieux Winery

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Carb Conscious

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Domaine Des Dieux | Chardonnay 2019

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## Ingredients & Prep

500g	Aubergine <i>rinse, trim &amp; cut into wedges</i>
20g	Almonds <i>roughly chop</i>
440g	Pork Loin Chop
5ml	Fennel Seeds
40g	Salad Leaves <i>rinse &amp; roughly shred</i>
20g	Dried Cranberries
5g	Fresh Mint <i>rinse, pick &amp; roughly chop</i>
40g	Danish-style Feta <i>drain &amp; crumble</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter

**1. ROASTED AUBS** Preheat the oven to 220°C. Spread the aubergine wedges 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 chopped 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 CHOP** Pat the pork chops dry with paper towel. Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat to prevent the meat from buckling during frying. Coat in oil, and season. Return the pan to medium-high heat. When hot, sear the pork chop, fat-side down, until the fat is rendered and crispy, for 3-5 minutes. Then, fry until cooked through, for 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the fennel seeds (to taste). Remove from the heat and reserve any pan juices.

**4. CRANBERRY & MINT SALAD** Place the shredded leaves in a bowl and toss together with the cranberries, ½ the chopped 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 cranberry salad and sprinkle over the crumbled feta. Finish with a scattering of the remaining mint and nuts.

## Nutritional Information

Per 100g

Energy	540kj
Energy	129kcal
Protein	10.1g
Carbs	6g
of which sugars	2.5g
Fibre	2.6g
Fat	6.2g
of which saturated	2.2g
Sodium	84mg

## Allergens

Tree Nuts, Cow's Milk

Eat  
Within  
2 Days