



UCOOK

Pork Neck & Kewpie Mayo Dressing

with roasted carrot, bell pepper & crispy kale

Dinner is one less thing you have to worry about today, Chef! NOMU Oriental Rub-spiced pork slices share a plate with a medley of oven-roasted and fresh veggies, including carrots, edamame beans, cucumber rounds, kale & bell peppers. Add an optional boiled egg, drizzle everything with kewpie mayo, add the avo, and tick dinner off your 'to do' list.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Jade Summers

Carb Conscious

Cathedral Cellar Wines | Cathedral Cellar-
Chardonnay 2022

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	Bell Peppers <i>rinse, deseed & cut into strips</i>
200g	Kale <i>rinse & roughly shred</i>
200g	Edamame Beans
640g	Pork Neck Steak
20ml	NOMU Oriental Rub
250ml	Kewpie Mayo
2	Avocados
80g	Pickled Onions <i>drain & slice</i>
200g	Cucumber <i>rinse & cut into thin rounds</i>

From Your Kitchen

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

1. GOLDEN CARROTS Preheat the oven to 200°C. Spread the carrot wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. HAIL TO THE KALE Boil the kettle. On a separate roasting tray, spread the pepper strips and the shredded kale. Coat in oil and season. When the carrots have reached their halfway mark, add the tray of dressed kale & pepper to the oven and roast for the remaining time.

3. PLUMP BEANS Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

4. 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 until browned, 4-6 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.

5. CREAMY X2 While the pork is frying, loosen the kewpie mayo with water in 5ml increments until drizzling consistency. Halve the avocados and remove the pips. Peel the skin off, keeping the flesh intact. Thinly slice the avocado and season.

6. OPTIONAL EGGS Bring a pot of water to the boil for 4 eggs (optional). When the water is boiling, cook the eggs 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.

7. BRING IT ALL TOGETHER Plate up the roasted carrots. Side with the beans, the pickled onions, the cucumber rounds, the avo slices, the boiled egg (optional), the crispy kale and pepper strips, and the sliced pork. Drizzle over the kewpie mayo, and enjoy!

Nutritional Information

Per 100g

Energy	785kJ
Energy	188kcal
Protein	3.2g
Carbs	6g
of which sugars	1.9g
Fibre	2.5g
Fat	12.9g
of which saturated	3.9g
Sodium	56mg

Allergens

Egg, Allium, Sesame, Sulphites, Soy, Cow's Milk

Eat
Within
2 Days