



# UCOOK

## Beer-glazed Pork

**with charred corn, quinoa & grilled pineapple rings**

Tender pork neck steak is marinated in a NOMU African Rub & beer sauce before being fried to perfection. The pork is then adorned with a scattering of charred corn & piquanté peppers tossed in a mustard vinaigrette. Served alongside charred pineapple rings and red quinoa loaded with caramelised onion, creamy feta, pumpkin seeds and fresh basil.

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**Hands-on Time:** 35 minutes

**Overall Time:** 40 minutes


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**Serves:** 1 Person

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**Chef:** Jewell Willemberg

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 Adventurous Foodie

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 Simonsig | Die Kluisenaar White Blend

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## Ingredients & Prep

160g	Pork Neck Steak
10ml	NOMU African Rub
1 bottle	Beer
50g	Corn
1	Onion <i>peeled &amp; roughly sliced</i>
100ml	Red Quinoa <i>rinsed</i>
40g	Tinned Pineapple Rings <i>drained</i>
7,5ml	Worcestershire Sauce
17,5ml	Mustard Dressing <i>(7,5ml Red Wine Vinegar &amp; 10ml Dijon Mustard)</i>
30g	Sweet Piquanté Peppers <i>drained &amp; roughly chopped</i>
40g	Danish-style Feta <i>drained</i>
5g	Pumpkin Seeds
4g	Fresh Basil <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Butter  
Sugar/Sweetener/Honey

**1. MARINATION STATION** Pat the steak dry with paper towel. Place in a bowl and coat with the NOMU rub and seasoning. Stir in 50ml of beer. Set aside in the fridge to marinate, 15-20 minutes.

**2. CHARRED CORN** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan, season, and set aside.

**3. CARAMELISED ONIONS** Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

**4. FLUFFY QUINOA** Place the rinsed quinoa in a pot with 200ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside.

**5. GRILLED PINEAPPLE & STEAK** Coat the drained pineapple rings in oil. Place a grill pan or a pan over medium-high heat with a knob of butter. When hot, fry the pineapple rings until charred, 2-3 minutes per side. Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil. When hot, fry the marinated steak until charred and cooked through, 2-3 minutes per side. In the final minute, deglaze the pan with a splash of the marinade. Add the worcestershire sauce and baste the steak, 1-2 minutes. Remove and rest for 5 minutes before slicing.

**6. JUST BEFORE SERVING** Combine the cooked quinoa with the caramelised onion and season. In a salad bowl, combine the mustard dressing, a sweetener, and a drizzle of olive oil. Toss through the charred corn and the chopped peppers.

**7. DINNER TIME** Plate up the quinoa, side with the sliced steak, and the grilled pineapple. Scatter over the charred corn & peppers. Crumble the drained feta over the quinoa and garnish with the pumpkin seeds and chopped basil. Cheers, Chef!



## Chef's Tip

Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

## Nutritional Information

Per 100g

Energy	545kj
Energy	130kcal
Protein	6.3g
Carbs	13g
of which sugars	3.2g
Fibre	1.3g
Fat	5.9g
of which saturated	2.1g
Sodium	155mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites, Alcohol

Cook  
within 2  
Days