

UCOOK

Mexican Street Corn & Pork Neck

with a black bean salsa

With this mouthwatering Mexican dish, you can always expect an exciting rollercoaster of tastes and textures, Chef! Corn on the cob is coated in butter, a zesty sour creamy mayo and chilli-infused cheese. If your mouth isn't already salivating, there's more... Mexican-spiced pork, a spicy tomato & bean salsa and fresh coriander.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

Carb Conscious

Painted Wolf Wines | The Den Chenin Blanc 2023

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Ingredients & Prep

1	Corn On The Cob <i>remove skin</i>
160g	Pork Neck Steak
5ml	Old Stone Mill Mexican Spice
60g	Black Beans <i>drain & rinse</i>
1	Tomato <i>rinse & roughly dice</i>
10g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
50g	Cucumber <i>rinse & roughly dice</i>
3g	Fresh Coriander <i>rinse & roughly chop</i>
30ml	Lime Juice
60ml	Creamy Mayo <i>(30ml Low Fat Cottage Cheese & 30ml Mayo)</i>
20g	Danish-style Feta <i>drain</i>
15ml	Spicy Cheese <i>(10ml Grated Italian-style Hard Cheese & 5ml Dried Chilli Flakes)</i>

From Your Kitchen

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

1. CORN ON THE COB 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. Remove the lid and add a knob of butter. Fry until lightly charred, 3-4 minutes (turning as it colours). Remove from the pan and set aside.

2. PORK NECK While the corn is on the go, 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 Mexican spice. Remove from the pan, season, and rest for 5 minutes.

3. SALSA In a bowl, combine the rinsed beans, the diced tomatoes, the chopped jalapeños (to taste), the diced cucumber, ½ the chopped coriander, ½ the lime juice (to taste), a drizzle of olive oil, and seasoning. In a small bowl, mix the creamy mayo, the drained feta, and the remaining lime juice (to taste).

4. DINNER IS READY Smother the grilled corn in the zingy creamy mayo and sprinkle the spicy cheese over it. Serve the sizzling pork and salsa on the side. Garnish with the remaining coriander and tuck in, Chef!



Chef's Tip

Air fryer method: Coat the corn in oil and season. Air fry at 200°C until tender and lightly golden, 12-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	887kJ
Energy	212kcal
Protein	5.4g
Carbs	7g
of which sugars	2.7g
Fibre	1.3g
Fat	18.3g
of which saturated	6.2g
Sodium	144mg

Allergens

Egg, Allium, Sulphites, Cow's Milk

Eat
Within
2 Days