



UCOOK

Pork Neck & Sweetcorn Salsa

with charred baby marrow, sun-dried tomatoes & Danish-style feta

A charred corn & baby marrow salad, served with tangy pops of sun-dried tomatoes & fiery chilli, lies next to juicy pork slices with scatterings of creamy feta and toasted seeds. Time to take a forward step and get into the salsa rhythm, Chef!


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

 Fan Faves

 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

10g	Pumpkin Seeds
40g	Corn
150g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
1	Fresh Chilli <i>rinse, trim, deseed & roughly slice</i>
10ml	Lemon Juice
3g	Fresh Coriander <i>rinse, pick & finely chop</i>
25g	Sun-dried Tomatoes <i>drain & roughly chop</i>
160g	Pork Neck Steak
10ml	NOMU Mexican Spice Blend
20g	Salad Leaves <i>rinse</i>
25g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. POP THE PUMPKIN SEEDS 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.

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

3. COOK THE MARROWS Return the pan to medium heat with a drizzle of oil. When hot, fry the baby marrow pieces until charred, 3-4 minutes. Remove from the pan and season.

4. BOWL THEM OVER In a bowl, combine the sliced chilli (to taste), the charred corn, the charred baby marrow, the lemon juice, ½ the chopped coriander, the chopped sun-dried tomatoes, a drizzle of olive oil, and seasoning. Set aside.

5. GOLDEN PORK IN A PAN Pat the pork neck steak dry with paper towel and season. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pork until cooked through and golden, 4-6 minutes per side, depending on the thickness. In the final minute, baste with a knob of butter (optional) and the NOMU spice blend. Remove from the pan and rest for 5 minutes before slicing and seasoning.

6. DINNER? DONE! Plate up the rinsed green leaves, top with the loaded baby marrow, and crumble over the drained feta. Scatter over the remaining coriander and the toasted pumpkin seeds. Serve the pork slices on the side.

Nutritional Information

Per 100g

Energy	1025kJ
Energy	245kcal
Protein	6.1g
Carbs	6g
of which sugars	2.9g
Fibre	1.5g
Fat	21.7g
of which saturated	8g
Sodium	200mg

Allergens

Allium, Sulphites, Cow's Milk

Cook
within 2
Days