



# UCCOOK

## Beer-glazed Pork

with charred corn, quinoa & grilled pineapple rings

**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

**Adventurous Foodie:** Serves 3 & 4

**Chef:** Jemell Willeberg

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 978kj    | 6072kj      |
| Energy             | 234kcal  | 1453kcal    |
| Protein            | 5.8g     | 36.2g       |
| Carbs              | 15g      | 96g         |
| of which sugars    | 5g       | 31.3g       |
| Fibre              | 1.7g     | 10.9g       |
| Fat                | 16.5g    | 102.3g      |
| of which saturated | 6.1g     | 38g         |
| Sodium             | 195mg    | 1209mg      |

**Allergens:** Sulphites, Gluten, Wheat, Cow's Milk, Alcohol, Allium

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |   |
|----------|------------|---|
| 480g     | 640g       | Pork Neck Steak<br><i>slice</i>   |
| 30ml     | 40ml       | NOMU Moroccan Rub   |
| 1 bottle | 1 bottle   | Beer  |
| 150g     | 200g       | Corn  |
| 3        | 4          | Onions<br><i>peel &amp; roughly slice</i>   |
| 225ml    | 300ml      | Quinoa<br><i>rinse</i>  |
| 300g     | 400g       | Pineapple Rings   |
| 22,5ml   | 30ml       | Worcestershire Sauce  |
| 45ml     | 60ml       | Mustard Dressing<br><i>(30ml [40ml] Red Wine<br/>Vinegar &amp; 15ml [20ml] Dijon<br/>Mustard)</i> |
| 60g      | 80g        | Piquanté Peppers<br><i>drain</i>  |
| 120g     | 160g       | Danish-style Feta<br><i>drain</i>   |
| 8g       | 10g        | Fresh Mint<br><i>rinse, pick &amp; roughly slice</i>  |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (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 150ml [200ml] 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, 4-6 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). Fry the onion until caramelised, 10-12 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

**4. FLUFFY QUINOA** Place the quinoa in a pot with 600ml [800ml] 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 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. 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 quinoa with the caramelised onion and season. In a salad bowl, combine the mustard dressing, a sweetener (to taste), and a drizzle of olive oil. Toss through the charred corn and the pickled peppers.

**7. DINNER TIME** Plate up the quinoa, side with the sliced steak, and the pineapple. Scatter over the corn and peppers. Crumble the feta over the quinoa and garnish with the mint. Cheers, Chef!