



UCOOK

Pork Rump & Caramelised Onion Sauce

with fresh chives, crème fraîche & butternut

For pork at its finest, this recipe is a must-have. A creamy, caramelised sauce laced with fragrant fried onion and garlic, draped over a seared piece of pork rump. An almond and tomato salad accompanied by roasted butternut half-moons finish this succulent and satisfying dish.


Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Leopard's Leap | Culinaria Pinot Noir Chardonnay

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Ingredients & Prep

250g	Butternut <i>deseeded & cut into half-moons</i>
80g	Baby Tomatoes <i>halved</i>
10g	Almonds <i>roughly chopped</i>
1	Onion <i>½ peeled & roughly sliced</i>
1	Garlic Clove <i>peeled & grated</i>
5ml	Crushed Black Pepper
1 sachet	Vegetable Stock
30ml	Crème Fraîche
150g	Pork Rump
20g	Green Leaves <i>rinsed</i>
4g	Fresh Chives <i>rinsed & finely chopped</i>

From Your Kitchen

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

1. HALF-MOON HEAVEN Preheat the oven to 200°C. Place the butternut half-moons on half of a roasting tray. Coat in oil and season. Roast in the hot oven for 25-30 minutes, shifting halfway. In a bowl, toss the halved baby tomatoes with a drizzle of oil and seasoning. Set aside.

2. TIME TO GO NUTS Place the chopped almonds in a pan over medium heat. Toast for 3-5 minutes until browned, shifting occasionally. Remove from the pan and set aside.

3. CARMELISATION STATION Return the pan to a medium heat with a drizzle of oil and a knob of butter. When hot, add the sliced onion and fry for 7-9 minutes until soft and caramelised, shifting occasionally. At the halfway mark, add a sweetener of choice (to taste).

4. THE ROAST WITH THE MOST When the butternut is halfway, remove the tray from the oven and scatter the dressed baby tomatoes over the other half of the tray. Return to the oven and roast for the remaining time. On completion, the tomatoes should be starting to blister and the butternut should be cooked through.

5. SAUCE IT UP Boil the kettle. When the onions are done, keep the onions in the pan and the pan on the heat and add the grated garlic and the crushed pepper to the pan. Fry for 30-60 seconds until fragrant, shifting constantly. Add 100ml of boiling water and the stock. Leave to simmer for 2-3 minutes until slightly reduced. Remove from the heat and add the crème fraîche. Loosen with a splash of water if the sauce is too thick. Season to taste. Cover to keep warm.

6. PERFECT THE PORK Place a pan over medium-high heat with a drizzle of oil. Pat the pork rump dry with paper towel and coat in seasoning. When the pan is hot, sear the steak, fat-side down, for 3-5 minutes until crispy. Then, fry for 3-4 minutes per side, or until cooked through (this time frame may depend on the thickness of the steak). Remove from the pan and rest for 5 minutes before slicing. Lightly season the slices. In a bowl, combine the rinsed green leaves, the toasted almonds, the roasted tomatoes, a drizzle of oil, and seasoning.

7. DINNER TIME! Plate up the pork rump slices and drizzle over the caramelised onion sauce. Side with the roasted baby tomato salad and the butternut half-moons. Sprinkle over the chopped chives.

Nutritional Information

Per 100g

Energy	497kJ
Energy	119kcal
Protein	5.4g
Carbs	7g
of which sugars	2.1g
Fibre	1.6g
Fat	7.1g
of which saturated	2.7g
Sodium	135mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 2
Days