



UCOOK

Glazed Pork & Roast Veg

with roasted butternut & a fresh salad

Cranberry & red wine glazed pork is served with crispy roasted butternut and juicy beetroot infused with thyme. Served with a fresh feta salad. A simple yet divine dinner awaits you!

Hands-on Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Alvi's Drift | Sparkling Brut Rosé

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

150g	Beetroot <i>rinsed, trimmed, peeled & cut into bite-sized pieces</i>
3g	Fresh Thyme <i>rinsed, picked & finely chopped</i>
250g	Butternut <i>rinsed, deseeded, peeled (optional) & cut into bite-sized pieces</i>
5ml	NOMU Beef Stock
60ml	Red Wine
15ml	Cranberry Jam
160g	Pork Neck Steak
20g	Green Leaves <i>rinsed</i>
40g	Danish-style Feta <i>drained & crumbled</i>

From Your Kitchen

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

1. LET'S GET GOING Preheat the oven to 200°C. Spread the beetroot pieces on a roasting tray. Coat in oil, ½ the chopped thyme, and seasoning. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway).

2. ROASTY TOASTY BUTTERNUT Boil the kettle for step 3. When the beetroot has been roasting for 10 minutes, shift to one side and place the butternut pieces on the other half of the roasting tray. Coat in oil and season. Roast for the remaining time until cooked through and crispy (shifting halfway).

3. STICKY GLAZE Dilute the beef stock with 75ml of boiling water. Place a pan over medium-high heat. When hot, add the red wine and the remaining thyme. Cook until the wine has almost fully evaporated, 2-3 minutes. Whisk in the diluted stock and the cranberry jam. Simmer until slightly thickened and reduced, 5-7 minutes (stirring regularly). Season, place in a bowl, and set aside.

4. STICKY, JUICY STEAK Return the pan, wiped down, to 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, add the glaze and turn the pork until fully coated (if the glaze has cooled and thickened, add a splash of hot water to loosen it). Remove from the heat, reserving the glaze, and set aside to rest for 3-5 minutes before slicing and seasoning.

5. FRESH SALAD In a salad bowl, dress the rinsed salad leaves and the crumbled feta with a drizzle of olive oil and seasoning.

6. A FEAST AWAITS Dish up the roasted beetroot & butternut. Lay slices of juicy pork alongside and drizzle with the reserved glaze. Serve with the fresh salad. Beautiful, Chef!



Chef's Tip

Air fryer method: Coat the beetroot pieces and butternut chunks in oil and season. Air fry at 200°C until cooked through, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	502kj
Energy	120kcal
Protein	6g
Carbs	8g
of which sugars	2.5g
Fibre	1.7g
Fat	5.9g
of which saturated	2.5g
Sodium	154mg

Allergens

Dairy, Allium, Sulphites, Alcohol

Cook
within 2
Days