

# UCCOOK

## Peppercorn Pork Neck

with rosemary roast butternut & a sun-dried tomato salad

**Hands-on Time:** 25 minutes

**Overall Time:** 45 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Ella Nasser

**Wine Pairing:** Groote Post Winery | Groote Post Pinch of Salt Chardonnay

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 1022kJ   | 5561kJ      |
| Energy             | 245kcal  | 1330kcal    |
| Protein            | 5.5g     | 30.2g       |
| Carbs              | 8g       | 44g         |
| of which sugars    | 2.8g     | 15.4g       |
| Fibre              | 1.6g     | 8.7g        |
| Fat                | 21.5g    | 117.1g      |
| of which saturated | 7.7g     | 41.9g       |
| Sodium             | 92mg     | 502mg       |

**Allergens:** Sulphites, Egg, Tree Nuts, Cow's Milk, Allium

**Spice Level:** Mild

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                           |
|----------|------------|-----------------------------------------------------------|
| 250g     | 500g       | Butternut<br><i>peel &amp; cut into bite-sized pieces</i> |
| 3g       | 5g         | Fresh Rosemary<br><i>rinse</i>                            |
| 10g      | 20g        | Pecan Nuts<br><i>roughly chop</i>                         |
| 10ml     | 20ml       | Cabernet Sauvignon<br>Balsamic Vinegar                    |
| 5ml      | 10ml       | Beef Stock                                                |
| 160g     | 320g       | Pork Neck Steak                                           |
| 1        | 2          | Garlic Clove/s<br><i>peel &amp; grate</i>                 |
| 5ml      | 10ml       | Crushed Black Peppercorns                                 |
| 30ml     | 60ml       | Crème Fraîche                                             |
| 20g      | 40g        | Salad Leaves<br><i>rinse</i>                              |
| 20g      | 40g        | Italian-style Hard Cheese<br><i>peel into ribbons</i>     |
| 30g      | 60g        | Sun-dried Tomatoes<br><i>drain &amp; roughly chop</i>     |

## From Your Kitchen

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

1. **BRING ON THE BUTTERNUT** Preheat the oven to 200°C. Spread the butternut and the rosemary on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

2. **POPPIN' PECANS!** Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. **WINE O'CLOCK** Boil the kettle. Place the cab sauv vinegar and 1 [2] tbsp of olive oil in a bowl. Mix in 1 [2] tsp of sweetener until mostly dissolved and season. Dilute the stock with 60ml [80ml] of boiling water. Set the dressing and the diluted stock aside.

4. **PERFECTLY SEARED PORK** When the butternut reaches the halfway mark, return the pan to 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. **SAUCE & SALAD** Return the pan, wiped down, to medium heat with a drizzle of oil or a knob of butter (optional). When hot, sauté the garlic and the crushed black pepper (to taste) until fragrant, 30-60 seconds. Stir in the diluted stock and simmer until slightly reduced, 2-3 minutes. Remove from the heat, whisk in the crème fraîche, and season. Loosen the sauce with a splash of water if it's too thick. Toss together the salad leaves, the cheese ribbons, the sun-dried tomatoes, and the cab sav dressing.

6. **ET VOILÀ!** Dish up the pork and drizzle over the creamy black pepper sauce. Place the butternut and the dressed salad on the side. Sprinkle over the pecan nuts. You just can't beat the classics!

**Chef's Tip** To make the salad dressing, place the ingredients in a clean jar, close the lid tightly, and shake, shake, shake! Using a jar emulsifies the dressing much better than just mixing it in a bowl.