



UCOOK

Charred Corn & Spicy Pork Bites

with Danish-style feta & tomatoes

A Tex-Mex inspired salad with all the trimmings! Fresh green leaves are tossed with dots of charred corn, yummy fried beans, tomatoes, and jalapeño pieces. Topped with butter-basted pork chunks and drizzled with a lime-flavoured sour cream. All garnished with creamy feta and fresh coriander.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Kate Gomba

 Carb Conscious

 Simonsig | Kaapse Vonkel Brut Rosé

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Ingredients & Prep

2	Corn on the Cob <i>silks removed</i>
20ml	NOMU Cajun Rub
240g	Black Beans <i>drained & rinsed</i>
320g	Pork Neck Steak <i>cut into bite-sized pieces</i>
1	Tomato <i>rinsed & roughly diced</i>
20g	Sliced Pickled Jalapeños <i>drained & roughly chopped</i>
40g	Green Leaves <i>rinsed</i>
60ml	Sour Cream
30ml	Lemon Juice
5g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
50g	Danish-style Feta <i>drained</i>

From Your Kitchen

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

1. CORN ON THE COB Place a pan (with a lid) over medium heat with enough water to cover the base. Add the corn and bring to a simmer. Once simmering, cover and cook until all the water has evaporated, 8-10 minutes. Remove the lid and add a drizzle of oil. Fry until lightly charred, 3-4 minutes (turning as it colours). In the final minute, baste with a knob of butter and ½ the NOMU rub. Remove from the pan and set aside.

2. FRIED BEANS Return the pan, wiped down, to medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the drained beans until warmed through, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. SEARED PORK Return the pan to medium-high heat with a drizzle of oil. Pat the pork pieces dry with paper towel. When hot, sear the pork until browned, 3-4 minutes (shifting occasionally). In the final minute, baste with the remaining NOMU rub and a knob of butter. Remove from the pan. Season and set aside.

4. JUST BEFORE SERVING Trim the ends and cut the kernels off of the charred cobs. To a salad bowl, add the diced tomatoes, the corn kernels, the chopped jalapeños, the fried beans, and the rinsed leaves. Add a drizzle of olive oil, season, and toss to combine. In a small bowl, combine the sour cream, the lime juice (to taste), and ½ the chopped coriander. Loosen with a splash of water until drizzling consistency, and season.

5. WOW! Plate up the charred corn salad, top with the pork pieces, and drizzle over the sour cream. Crumble over the drained feta and garnish with the remaining coriander. Dig in, Chef!

Nutritional Information

Per 100g

Energy	566kJ
Energy	135kcal
Protein	8.1g
Carbs	8g
of which sugars	2.3g
Fibre	1.7g
Fat	8g
of which saturated	3.2g
Sodium	225mg

Allergens

Dairy, Allium, Sulphites

Cook
within 2
Days