



# UCOOK

## Rosemary & Orange Pork Neck

with brussels sprouts & green beans

Marinating meat is well worth the extra time and effort, as this step not only tenderises but infuses flavour into the protein. In this recipe, we use this method to elevate pork with notes of rosemary, oranges, garlic & paprika. Dished up with a gorgeous green veggie medley of brussel sprouts, bell pepper & green beans.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Samantha du Toit

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Carb Conscious

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Laborie Estate | Laborie Chardonnay 2023

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## Ingredients & Prep

100g	Brussels Sprouts <i>rinse &amp; cut in half</i>
1	Onion <i>peel &amp; cut ½ into wedges</i>
80g	Green Beans <i>rinse &amp; trim</i>
1	Bell Pepper <i>rinse, deseed &amp; cut ½ into bite-sized pieces</i>
1	Garlic Clove <i>peel &amp; grate</i>
3g	Fresh Rosemary <i>rinse &amp; pick</i>
5ml	Smoked Paprika
1	Orange <i>rinse, zest &amp; cut into wedges</i>
160g	Pork Neck Steak

## From Your Kitchen

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

**1. MOUTHWATERING VEG MEDLEY** Preheat the oven to 200°C. Spread the halved brussel sprouts and the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). At the halfway mark, coat the trimmed green beans and the pepper pieces in oil and season. Add to the tray and roast for the remaining time until lightly charred but still crunchy.

**2. ORANGE-ROSEMARY MARINADE** In a bowl, combine the grated garlic, the picked rosemary, the paprika, the juice of all the orange wedges, the orange zest (to taste), a generous drizzle of olive oil, and seasoning.

**3. BUTTER-BASTED PORK** Place a pan over medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 4-5 minutes (shifting as it colours). Cover with a lid and fry until cooked through, 4-5 minutes. In the final minute, baste with a knob of butter and the rosemary & orange marinade. Remove from the pan, reserving the remaining marinade, and rest for 3-5 minutes before slicing and seasoning.

**4. AND YOU'RE DONE, CHEF!** Plate up the pork slices and drizzle over any reserved marinade. Side with the roasted greens.

## Chef's Tip

Air fryer method: Coat the halved brussel sprouts and the onion wedges in oil and season. Air fry at 200°C until crispy, 15-20 minutes (shifting halfway). At the halfway mark, add the dressed green beans and pepper pieces.

## Nutritional Information

Per 100g

Energy	494kJ
Energy	118kcal
Protein	2.7g
Carbs	7g
of which sugars	3.9g
Fibre	2g
Fat	8.9g
of which saturated	3.2g
Sodium	12mg

## Allergens

Allium, Cow's Milk

Eat  
Within  
2 Days