



UCOOK

Pork Steak & Butternut Mash

with pecans, salad leaves & fresh chives

This weeknight family dinner is sure to tick everyone's boxes! Finger-licking sticky pork steak served with a comforting butternut mash topped with crunchy pecans. Sided with a green bean salad & sprinkled with fresh chives for a hit of freshness.


Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Thea Richter

 Fan Faves

 Leopard's Leap | Chardonnay Pinot Noir

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Ingredients & Prep

750g	Butternut Whole <i>deseeded, peeled & cut into bite-sized pieces</i>
60g	Salad Leaves
30g	Pecan Nuts
2	Garlic Cloves
240g	Green Beans
155ml	Sticky Sauce <i>(30ml Worcestershire Sauce & 125ml Tomato Sauce)</i>
45ml	Low Sodium Soy Sauce
30ml	White Wine Vinegar
60g	Radish <i>sliced into rounds</i>
480g	Pork Neck Steak
85ml	Fresh Cream
12g	Fresh Chives <i>rinsed & finely chopped</i>

From Your Kitchen

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

1. BEAUT BUTTERNUT Preheat the oven to 200°C. Place the butternut pieces on a roasting tray. Coat in oil and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up, shifting halfway.

2. PREP STEP While the butternut is roasting, rinse and roughly shred the salad leaves. Finely chop the pecans. Peel and grate the garlic. Rinse, trim and halve the green beans. In a bowl, combine the sticky sauce, the soy sauce, the grated garlic, the vinegar (to taste), seasoning, 15ml of a sweetener of choice, and 60ml of water.

3. TOAST UP When the butternut has 10 minutes remaining, place a pan over medium-high heat with the chopped pecans. Toast for 2-3 minutes until browned, shifting occasionally. Remove from the pan.

4. GREEN BEAN SALAD Return the pan to medium-high heat with a splash of water. When starting to bubble, simmer the halved green beans for 4-5 minutes until cooked al dente. Toss with a drizzle of oil and season. Remove from the pan and place in a bowl with the shredded salad leaves, the sliced radish, a drizzle of oil, and seasoning. Toss until fully combined.

5. CREAMY MASH When the butternut is done, remove from the oven and place in a bowl. Add the cream and a knob of butter. Mash with a fork or potato masher until smooth. Season and cover to keep warm.

6. BASTE TO TASTE Pat the pork dry with paper towel and season. Return the pan to medium-high heat with a drizzle of oil. When hot, cook the pork for 3-5 minutes per side until cooked through and golden (this timeframe may depend on the thickness of your pork). In the final 3-4 minutes, baste the pork with the sticky sauce. Add a splash of water if it reduces too quickly. Remove from the pan, reserving the sauce, and allow to rest for 5 minutes before slicing. Lightly season the slices.

7. YOU DIDN'T PORK AROUND! Plate up the butternut mash and sprinkle over the toasted pecan nuts. Side with the green bean salad and the sticky pork slices drizzled with the reserved sticky sauce. Sprinkle over the chopped chives. Good work, Chef!

Nutritional Information

Per 100g

Energy	507kJ
Energy	121kcal
Protein	5.8g
Carbs	7g
of which sugars	3.1g
Fibre	1.5g
Fat	7.3g
of which saturated	2.7g
Sodium	186mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites,
Tree Nuts, Soy

Cook
within 2
Days