

UCCOOK

Peppercorn Pork Rump

with rosemary roast butternut & a sun-dried tomato salad

Hands-on Time: 35 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Ella Nasser

Wine Pairing: Doos Wine | Doos Dry White 3L

Nutritional Info

	Per 100g	Per Portion
Energy	532kj	2839kj
Energy	127kcal	679kcal
Protein	9g	47.9g
Carbs	8g	44g
of which sugars	2.9g	15.4g
Fibre	1.6g	8.7g
Fat	6.9g	36.7g
of which saturated	2.3g	12.5g
Sodium	106mg	565mg

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

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Pork Rump
30ml	40ml	Cabernet Sauvignon Balsamic Vinegar
60g	80g	Italian-style Hard Cheese <i>peel into ribbons</i>
3	4	Garlic Cloves <i>peel & grate</i>
15ml	20ml	Crushed Black Peppercorns
30g	40g	Pecan Nuts <i>roughly chop</i>
60g	80g	Salad Leaves <i>rinse</i>
90g	120g	Sun-dried Tomatoes <i>drain & roughly chop</i>
15ml	20ml	Beef Stock
8g	10g	Fresh Rosemary <i>rinse</i>
90ml	125ml	Crème Fraîche
750g	1kg	Butternut <i>peel & cut into bite-sized pieces</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)
Seasoning (salt & pepper)

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, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 35-40 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 3 [4] tbsp of olive oil in a bowl. Mix in 3 [4] tsp of sweetener until mostly dissolved and season. Dilute the stock with 100ml [120ml] 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, fat-side down, until crispy, 3-5 minutes. Flip the pork onto its side and sear until browned, 2-3 minutes per side. Remove from the pan and rest for 3-5 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, 4-5 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.