

UCCOOK

Sweet & Savoury Pork Chop Bowl

with fresh pomegranate & walnuts

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Strandveld | Pofadderbos Sauvignon Blanc

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 407kJ | 2939kJ |
| Energy | 97kcal | 703kcal |
| Protein | 7.1g | 51.1g |
| Carbs | 7g | 51g |
| of which sugars | 3.6g | 26.1g |
| Fibre | 1.8g | 13g |
| Fat | 3.9g | 27.9g |
| of which saturated | 1g | 7.2g |
| Sodium | 71mg | 514mg |

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

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

| | | |
|------|------|--|
| 3 | 4 | Gem Squash <i>rinse, halve, deseed & cut into wedges</i> |
| 30g | 40g | Walnuts <i>roughly chop</i> |
| 660g | 880g | Pork Loin Chops |
| 30ml | 40ml | NOMU One For All Rub |
| 45ml | 60ml | Mustard Dressing <i>(15ml [20ml] Wholegrain Mustard & 30ml [40ml] Red Wine Vinegar)</i> |
| 60g | 80g | Salad Leaves <i>rinse & roughly shred</i> |
| 3 | 4 | Pears <i>rinse</i> |
| 60g | 80g | Pomegranate Gems |

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Place the gem squash on a roasting tray. Lightly drizzle with oil and season. Roast in the hot oven until soft, 30-35 minutes. Alternatively, air fry at 200°C until crispy, 25-30 minutes.

2. TOAST Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHOPS Pat the pork chops dry with paper towel. Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat to prevent the meat from buckling during frying. Coat in oil, and season. Return the pan to medium-high heat. Sear the pork chops, fat-side down, until the fat is rendered and crispy, for 3-5 minutes. Then, fry until cooked through, for 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan, season, and rest for 5 minutes.

4. SALAD Core and roughly dice the pears. In a salad bowl, combine the mustard dressing, a drizzle of olive oil, and sweetener (to taste). Mix to emulsify. Add the salad leaves, the pear, and the nuts, toss to combine, and season.

5. DINNER IS READY Dish up the gem squash, the juicy pork chops, and the loaded salad. Scatter the pomegranate gems over the salad. Well done, Chef!

Chef's Tip To make the salad dressing, place the ingredients in a clean jar, close the lid up tight, and shake. Using a jar emulsifies the dressing much more successfully than just mixing it in a bowl.