

# QCOOK

## Pork Rump & Kewpie Mayo Dressing

with roasted beetroot & piquanté peppers

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Neil Ellis Wines | Neil Ellis Wild Flower Rosé

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 531kj    | 3255kj      |
| Energy             | 127kcal  | 778kcal     |
| Protein            | 6.8g     | 41.9g       |
| Carbs              | 6g       | 36g         |
| of which sugars    | 1.6g     | 10g         |
| Fibre              | 2.9g     | 17.7g       |
| Fat                | 7.9g     | 48.5g       |
| of which saturated | 0.4g     | 2.2g        |
| Sodium             | 199mg    | 1222mg      |

**Allergens:** Sulphites, Egg, Cow's Milk, Soya, Allium

**Spice Level:** None

Eat Within 1 Day



## Ingredients & Prep Actions:

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| Serves 1 | [Serves 2] |  |
|----------|------------|--|
| 200g     | 400g       | Beetroot<br><i>rinse, trim, peel (optional) &amp; cut into bite-sized pieces</i> |
| 30ml     | 60ml       | Kewpie Mayo  |
| 40g      | 80g        | Peas   |
| 150g     | 300g       | Pork Rump  |
| 5ml      | 10ml       | NOMU One For All Rub   |
| 20g      | 40g        | Salad Leaves<br><i>rinse &amp; roughly shred</i>                                 |
| 20g      | 40g        | Piquanté Peppers<br><i>drain</i>   |
| 1        | 1          | Guacamole  |

## From Your Kitchen

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Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Egg/s (optional)

Paper Towel

Butter

**1. GOLDEN BEET** Boil the kettle and preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

**2. KEWPIE DRESSING** In a bowl, add the Kewpie mayo and water in 5ml increments until a drizzling consistency. In a separate bowl, submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

**3. ORIENTAL-SPICED 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, fat-side down, until crispy, 3-5 minutes. Flip the pork onto its side and sear until browned, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

**4. OPTIONAL EGG** Bring a pot of water to the boil for 1 [2] egg/s (optional). When the water is boiling, cook the egg/s for 6-8 minutes for medium, 6 minutes for medium-soft, and 8-10 minutes for medium-hard. Drain and submerge in cold water. Peel and slice in half before serving. Season.

**5. BRING IT ALL TOGETHER** Make a bed of the salad leaves. Top with the roasted beetroot, the peas, the egg (optional), and the pork slices. Garnish with the piquanté peppers. Dollop over the guacamole and drizzle over the Kewpie mayo. Enjoy!