



UCCOOK

Pork Neck & Butter Bean Salsa

with roasted veggies

Good, better, butter bean salsa and butter-basted pork! Spiced with NOMU One For All Rub, juicy pieces of pork are enjoyed with a zesty parsley, butter bean & cucumber salsa. Served with rosemary-infused oven veggies and dollops of creamy yoghurt.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Jade Summers

Quick & Easy

KWV - The Mentors | KWV The Mentors
Chenin Blanc

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Ingredients & Prep

250g	Roast Veg Mix
5ml	NOMU One For All Rub
160g	Pork Neck Steak
120g	Butter Beans <i>drain & rinse</i>
100g	Cucumber <i>rinse & cut into thin half-moons</i>
3g	Fresh Parsley <i>rinse, pick & roughly chop</i>
10ml	Lemon Juice
30ml	Low Fat Plain Yoghurt

From Your Kitchen

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

1. OM NOM NOMU VEGGIES Coat the roast veg mix in oil, ½ the NOMU rub, and seasoning. Air fry at 200°C until crispy, 18-20 minutes (shifting halfway).

2. PERFECT 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, 4-6 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the remaining NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. BEAN SALSA In a bowl, combine the drained beans, the cucumber half-moons, the chopped parsley, the lemon juice, and seasoning. Set aside. Season the yoghurt.

4. FAB FOOD Plate up the bean salsa and dollop over the yoghurt. Side with the sliced pork, and the roasted veg.



Chef's Tip

Oven method: Preheat the oven to 200°C. Spread the roast veg mix on a roasting tray. Coat in oil, ½ the NOMU rub, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	719kJ
Energy	172kcal
Protein	4.2g
Carbs	10g
of which sugars	1.1g
Fibre	1.5g
Fat	12.5g
of which saturated	4.6g
Sodium	110.7mg

Allergens

Allium, Cow's Milk

Eat
Within
2 Days