

UCCOOK

Pork Chops & Creamed Spinach

with roasted carrot wedges

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Carb Conscious: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Waterford Estate | Waterford Pecan Stream
Pebble Hill

Nutritional Info

	Per 100g	Per Portion
Energy	442kJ	2709kJ
Energy	106kcal	648kcal
Protein	9.2g	56.4g
Carbs	5g	32g
of which sugars	2.3g	14.1g
Fibre	1.6g	9.6g
Fat	4.4g	27.2g
of which saturated	1.9g	11.7g
Sodium	182mg	1114mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
720g	960g	Carrot <i>rinse, trim, peel & cut into wedges</i>
15ml	20ml	NOMU Italian Rub
660g	880g	Pork Loin Chop
225g	300g	Spinach <i>rinse</i>
2	2	Garlic Cloves <i>peel & grate</i>
125ml	160ml	Greek Yoghurt
60ml	80ml	Cream Cheese

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread the carrots on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. PERFECT PORK CHOP 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. Place a pan over medium-high heat. When hot, 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.

3. CREAMED SPINACH Return the pan to medium heat with a drizzle of oil if necessary and a knob of butter. Fry the spinach until wilted, 3-4 minutes. Mix in the garlic and fry until fragrant, 1-2 minutes. Mix in the yoghurt and the cream cheese. Remove from the heat, loosen with a splash of water if it's too thick, and season.

4. DINNER IS READY Dish up the carrot wedges, side with the pork chops, and the creamed spinach. Dig in, Chef!