



# UCOOK

## Rosemary Pork & Warm Citrus Salad

with roasted broccoli & orange vinaigrette

With a zesty orange vinaigrette complemented with the fragrant, woody notes of rosemary, this succulent pork steak is drizzled with buttery pan juices and finished off with chopped pecans and a warm citrus salad. A pork dish that is a definite palate pleaser!

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes


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**Serves:** 4 People

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**Chef:** Rhea Hsu

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 Carb Conscious

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 Leopard's Leap | Culinaria Pinot Noir

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## Ingredients & Prep

2	Red Onions <i>peeled &amp; cut into wedges</i>
600g	Broccoli Florets <i>cut into bite-sized pieces</i>
40g	Pecan Nuts
15g	Fresh Rosemary <i>rinsed</i>
2	Oranges <i>1 sliced into rounds &amp; 1 cut into wedges</i>
20ml	Dijon Mustard
40ml	White Wine Vinegar
640g	Pork Neck Steak
2	Garlic Cloves <i>peeled &amp; grated</i>
40ml	Honey
160g	Salad Leaves <i>rinsed &amp; roughly shredded</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel  
Sugar/Sweetener/Honey  
Butter (optional)

**1. ADD THE ROASTY TASTE** Preheat the oven to 200°C. Place the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven for 25-30 minutes until cooked through and crisping up. Place the broccoli pieces on a separate roasting tray. Coat in oil and season. Set aside.

**2. PECAN PAN** Place the pecans in a pan over a medium heat. Toast for 3-5 minutes until golden brown. Remove from the pan and roughly chop.

**3. ORANGE MÉLANGE** Finely chop a ¼ of the rinsed rosemary. Slice the rinds off the orange rounds and discard. Set the rounds aside. In a bowl, combine the juice of 8 orange wedges, the chopped rosemary, the mustard, the vinegar, a drizzle of olive oil, a sweetener of choice (to taste), and seasoning.

**4. FLAVOUR IT UP** When the onions have 15 minutes remaining, give the tray a shift. Pop the tray of dressed broccoli in the hot oven and roast for the remaining time.

**5. SUCCULENT PORK STEAK** Pat the pork neck steaks dry with paper towel and season. Return the pan to a medium-high heat with a drizzle of oil. When hot, add the remaining rosemary and the pork steaks. Fry for 4-6 minutes per side, depending on the thickness of the steaks, or until cooked through and golden. In the final minute, baste with a knob of butter or drizzle of oil, the grated garlic, and the honey. Remove from the pan (reserving any pan juices) and rest for 5 minutes. Thickly slice and lightly season.

**6. A CITRUS CELEBRATION** In a salad bowl, combine the shredded salad leaves, the orange rounds, the roasted broccoli & onion wedges, seasoning, and the citrus dressing.

**7. DRIZZLE AND DISH UP!** Plate up the pork neck slices and drizzle over any reserved pan juices. Side with the warm citrus salad and sprinkle over the chopped pecans. Enjoy, Chef!

## Nutritional Information

Per 100g

Energy	388kJ
Energy	93kcal
Protein	5g
Carbs	7g
of which sugars	4.8g
Fibre	1.7g
Fat	4.9g
of which saturated	1.4g
Sodium	32mg

## Allergens

Allium, Sulphites, Tree Nuts

Cook  
within 2  
Days