



UCOOK

Homemade Cauli Bread & Pork

with a thyme gravy & a green bean salad


Delicious pork neck steak is cooked to perfection and served alongside fluffy cauliflower "bread", a new take on classic bread. You won't believe the amazing results! Sided with a green bean salad, you will remember this dish for a long time to come!


Hands-On Time: 15 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Jeannette Joynt

 Adventurous Foodie

 Boschendal | 1685 Chardonnay

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Ingredients & Prep

180ml	Self-raising Flour
100g	Cauliflower Florets
5ml	Baking Powder
50g	Grated Mozzarella & Cheddar Cheese Mix
4g	Fresh Thyme <i>rinsed, picked & finely chopped</i>
160g	Pork Neck Steak
5ml	Vegetable Stock
1	Garlic Clove <i>peeled & grated</i>
80g	Green Beans <i>rinsed, trimmed & sliced into thirds</i>
20g	Salad Leaves <i>rinsed</i>
15ml	Balsamic Vinegar

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s
Paper Towel
Loaf/Cake Tin
Microwave
Milk (optional)
Butter (optional)

1. CAULIFLOWER POWER Preheat the oven to 180°C. Boil the kettle. Set aside 5ml of the flour for the gravy. Grate the cauliflower florets using the medium-sized holes on a grater. Alternatively, chop the cauliflower very finely with a knife. On completion, the cauliflower should look like rice. Place the cauli rice in the microwave and heat for 3-4 minutes or until slightly softened. On completion, place in a clean kitchen towel and squeeze out as much liquid as you can. In a bowl, combine 1 egg and 50ml of milk or water. Add the cauliflower rice, the remaining flour, baking powder, grated cheese, ½ the chopped thyme and a pinch of salt. Using your hands or a wooden spoon, mix until the dough is sticky and combined. On completion, place the dough in a greased loaf or cake tin and bake for 35-40 minutes, or until a skewer comes out clean.

2. PORK PARTY When the cauli bread is halfway, pat the pork dry with paper towel and season. Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the pork for 4-6 minutes per side (this time may vary depending on the thickness of the pork) until cooked through and golden. Remove from the pan on completion and allow to rest for 5 minutes. Season to taste.

3. GRAVY Dilute the stock with 50ml of boiling water. Place the reserved flour in a small bowl and gradually mix in 5ml of the diluted stock until a runny paste forms - this is called a slurry! Return the pan to a medium heat with a drizzle of oil. When hot, add the grated garlic and the remaining thyme and fry for 30-60 seconds, until fragrant, shifting constantly. Pour in the diluted stock and the slurry. Leave to simmer for 2-4 minutes, until slightly reduced and thickening. Season to taste.

4. SALAD MOMENT In a bowl, combine the sliced green beans, the rinsed salad leaves, the balsamic vinegar (to taste), a drizzle of oil, and seasoning.

5. LET'S EAT! Slice up the cauli bread (we recommend smearing it with some butter!) Side with the pork and drizzle over the gravy. Serve the green bean salad on the side. Dunk a slice of cauli bread into the gravy and dig into the rest of the deliciousness!

Nutritional Information

Per 100g

Energy	720kJ
Energy	172Kcal
Protein	9.4g
Carbs	17g
of which sugars	1.8g
Fibre	1.6g
Fat	7.5g
of which saturated	3.1g
Sodium	7mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 2
Days