



# UCCOOK

## Pork Neck & Sweetcorn Salsa

with charred cauliflower, sun-dried tomatoes & Danish-style feta

A charred corn & cauliflower salad, served with tangy pops of sun-dried tomatoes & fiery chilli, lies next to juicy pork slices with scatterings of creamy feta and toasted seeds. Time to take a forward step and get into the salsa rhythm, Chef!

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**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

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**Serves:** 2 People


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**Chef:** Megan Bure

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Fan Faves

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 Waterford Estate | Waterford Old Vine Chenin Blanc

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## Ingredients & Prep

20g	Pumpkin Seeds
300g	Cauliflower Florets <i>cut into bite-sized pieces</i>
80g	Corn
1	Fresh Chilli <i>rinse, trim, deseed &amp; roughly slice</i>
20ml	Lemon Juice
5g	Fresh Coriander <i>rinse, pick &amp; finely chop</i>
50g	Sun-dried Tomatoes <i>roughly chop</i>
320g	Pork Neck Steak
20ml	NOMU Mexican Spice Blend
40g	Salad Leaves <i>rinse</i>
60g	Danish-style Feta <i>drain</i>

## From Your Kitchen

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

**1. POP THE PUMPKIN SEEDS** Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**2. CHARRED CAULI & CORN** Place a deep pan over medium high heat with a drizzle of oil. When hot, fry the cauliflower pieces and the corn until charred, 4-6 minutes (shifting occasionally). Remove from the pan.

**3. BOWL THEM OVER** In a bowl, combine the sliced chilli (to taste), the charred cauli & corn, the lemon juice, ½ the chopped coriander, the chopped sun-dried tomatoes, a drizzle of olive oil, and seasoning. Set aside.

**4. GOLDEN PORK IN A PAN** 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 NOMU spice blend. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**5. DINNER? DONE!** Plate up the rinsed leaves, top with the loaded cauli & corn, and crumble over the drained feta. Scatter over the remaining coriander and the toasted pumpkin seeds. Serve with the pork slices on the side.

## Nutritional Information

Per 100g

Energy	1038kJ
Energy	248kcal
Protein	6.1g
Carbs	6g
of which sugars	2.8g
Fibre	1.7g
Fat	21.6g
of which saturated	8g
Sodium	178mg

## Allergens

Allium, Sulphites, Cow's Milk

Eat  
Within  
2 Days