



UCOOK

Classic Peppercorn Pork Rump

with rosemary roast butternut & a sun-dried tomato salad

There's nothing quite like a sizzling, flavoursome steak with a crème fraîche and cracked black pepper sauce to end your day on a high note. This timeless classic is served with roast butternut and a leafy sun-dried tomato salad, all topped with toasted pecan nuts. A dish so good, it will make your taste buds sing!

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Ella Nasser

 Carb Conscious

 Delheim Wines | Delheim Shiraz/Cabernet Sauvignon

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Ingredients & Prep

250g	Butternut <i>peeled & cut into bite-sized pieces</i>
3g	Fresh Rosemary <i>rinsed</i>
10g	Pecan Nuts <i>roughly chopped</i>
10ml	Cabernet Sauvignon Balsamic Vinegar
5ml	Beef Stock
150g	Pork Rump
1	Garlic Clove <i>peeled & grated</i>
5ml	Crushed Black Peppercorns
30ml	Crème Fraîche
20g	Green Leaves <i>rinsed</i>
20g	Radish <i>rinsed & sliced into thin rounds</i>
30g	Sun-dried Tomatoes <i>drained & roughly chopped</i>

From Your Kitchen

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

1. BRING ON THE BUTTERNUT Preheat the oven to 200°C. Spread the butternut pieces and the rinsed rosemary on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. POPPIN' PECANS! Place the chopped pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. WINE O'CLOCK Boil the kettle. Place the cab sauv vinegar and 1 tbsp of olive oil in a bowl. Mix in 1 tsp of sweetener until mostly dissolved and season. Dilute the stock with 60ml of boiling water. Set the dressing and the diluted stock aside.

4. PERFECTLY SEARED PORK When the butternut chunks reach the halfway mark, place a pan over medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork fat-side down until crispy, 3-5 minutes. Flip the pork onto its side and sear until browned, 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

5. SAUCE & SALAD Place a pan over medium heat with a drizzle of oil or a knob of butter (optional). When hot, sauté the grated garlic and the crushed black pepper (to taste) until fragrant, 30-60 seconds. Stir in the diluted stock and simmer until slightly reduced, 2-3 minutes. Remove from the heat, whisk in the crème fraîche, and season. Loosen the sauce with a splash of water if it's too thick. Toss together the rinsed green leaves, the radish rounds, the chopped sun-dried tomatoes, and the cab sav dressing.

6. ET VOILÀ! Dish up the juicy slices of rump and drizzle over the creamy black pepper sauce. Place the roasted butternut chunks and the dressed salad on the side. Sprinkle over the toasted pecan nuts. You just can't beat the classics!



Chef's Tip

To make the salad dressing, place the ingredients in a clean jar, close the lid tightly, and shake, shake, shake! Using a jar emulsifies the dressing much better than just mixing it in a bowl.

Nutritional Information

Per 100g

Energy	652kj
Energy	156kcal
Protein	6.5g
Carbs	8g
of which sugars	3g
Fibre	1.7g
Fat	10.5g
of which saturated	3.6g
Sodium	82mg

Allergens

Dairy, Allium, Sulphites

Cook
within 2
Days