



# UCOOK

## Pork Neck & Sweetcorn Salsa

**with charred baby marrow, sun-dried tomatoes & Danish-style feta**

A charred corn & baby marrow 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:** 45 minutes

**Overall Time:** 55 minutes

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**Serves:** 4 People


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**Chef:** Megan Bure

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 Fan Faves

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 Cathedral Cellar Wines | Cathedral Cellar-  
Chardonnay 2022

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## Ingredients & Prep

40g	Pumpkin Seeds
160g	Corn
600g	Baby Marrow <i>rinse, trim &amp; cut into bite-sized pieces</i>
2	Fresh Chillies <i>rinse, trim, deseed &amp; roughly slice</i>
40ml	Lemon Juice
10g	Fresh Coriander <i>rinse, pick &amp; finely chop</i>
100g	Sun-dried Tomatoes <i>drain &amp; roughly chop</i>
640g	Pork Neck Steak
40ml	NOMU Mexican Spice Blend
80g	Salad Leaves <i>rinse</i>
100g	Danish-style Feta <i>drain</i>

## From Your Kitchen

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

**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. CHAR THE CORN** Place a pan over high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

**3. COOK THE MARROWS** Return the pan to medium heat with a drizzle of oil. When hot, fry the baby marrow pieces until charred, 3-4 minutes. Remove from the pan and season.

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

**5. GOLDEN PORK IN A PAN** Pat the pork neck steak dry with paper towel and season. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pork until cooked through and golden, 4-6 minutes per side, depending on the thickness. In the final minute, baste with a knob of butter (optional) and the NOMU spice blend. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**6. DINNER? DONE!** Plate up the rinsed green leaves, top with the loaded baby marrow, and crumble over the drained feta. Scatter over the remaining coriander and the toasted pumpkin seeds. Serve the pork slices on the side.

## Nutritional Information

Per 100g

Energy	1025kJ
Energy	245kcal
Protein	6.1g
Carbs	6g
of which sugars	2.9g
Fibre	1.5g
Fat	21.7g
of which saturated	8g
Sodium	200mg

## Allergens

Allium, Sulphites, Cow's Milk

Cook  
within 2  
Days