



UCOOK

All-time Favourite Pork Dinner

with potato wedges & fresh thyme

When was the last time you made your own gravy, Chef? Well, in the next hour, your answer will be 'today'! This delectable classic sauce will be poured over juicy slices of pork rump steak, which will share a plate with crispy oven-roasted potato wedges and a toasted seed & fresh greens salad. Thyme to dine!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 ***NEW Simple & Save**

 **Waterkloof | False Bay Chenin Blanc**

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Ingredients & Prep

200g	Potato <i>rinsed & cut into wedges</i>
10g	Sunflower Seeds
10ml	Gravy Mix <i>(5ml Beef Stock & 5ml Cornflour)</i>
150g	Pork Rump
1	Onion <i>½ peeled & finely sliced</i>
4g	Fresh Thyme <i>rinsed, picked & roughly chopped</i>
20g	Salad Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. WONDERFUL WEDGES Preheat the oven to 200°C. Boil the kettle. Place the potato wedges on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through, 30-35 minutes (shifting halfway).

2. GET ON THE GRAVY TRAIN Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Dilute the gravy mix with 100ml of boiling water.

3. RUMP Return the pan to a medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the rump, fat-side down, until crispy, 2-3 minutes. Then, fry until cooked through, 2-3 minutes per side. This time may depend on the thickness of the rump. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. BRING ON THE BUTTER Return the pan to a medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the sliced onion and fry until soft, 3-4 minutes (shifting occasionally). In the final minute, add the chopped thyme. Pour in the diluted gravy mix. Simmer until thickened, 1-3 minutes. Season.

5. SALAD In a bowl, combine the toasted seeds, the shredded leaves, a drizzle of olive oil, and seasoning.

6. DELISH! Plate up the pork slices and serve with the gravy. Side with the wedges and the salad. Divine, Chef!



Chef's Tip

Air fryer method: Coat the potato wedges in oil and season. Air fry at 200°C for 20-25 minutes or until cooked through and crispy.

Nutritional Information

Per 100g

Energy	556kJ
Energy	133kcal
Protein	7.3g
Carbs	10g
of which sugars	1.3g
Fibre	1.6g
Fat	6.8g
of which saturated	2.1g
Sodium	37mg

Allergens

Allium, Sulphites

Cook
within 1
Day