

Eat Within 2 Days

QCOOK

Onion-Smothered Pork Steak

with emmental cheese & pumpkin mash

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Ethan Shahim

Wine Pairing: Waterford Estate | Waterford Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	848kJ	5900kJ
Energy	203kcal	1411kcal
Protein	5.2g	36.2g
Carbs	7g	46g
of which sugars	2.5g	17.1g
Fibre	1.5g	10.6g
Fat	16.8g	116.7g
of which saturated	7g	48.4g
Sodium	373mg	2596mg

Allergens: Tree Nuts, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Pumpkin Chunks
10g	20g	Almonds
160g	320g	Pork Neck Steak
1	2	Onion/s *peel & finely slice*
5ml	10ml	Dried Thyme
65g	125g	Button Mushrooms *wipe clean & roughly slice*
1	1	Garlic Clove *peel & grate*
1	1	Beef Stock Sachet
50ml	100ml	Crème Fraîche
30g	60g	Grated Emmental Cheese
3g	5g	Fresh Parsley *rinse, pick & roughly chop*

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Seasoning (salt & pepper)
Milk (optional)
Paper Towel
Butter (optional)

1. SOFT PUMPKIN Place the pumpkin in a pot of salted water. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Turn the heat to medium and allow some of the moisture to cook out while adding a knob of butter (optional) and a splash of water or milk. Mash with a fork, season, and cover.

2. TOAST & BROWN Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan (with a lid) 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. Remove from the pan and rest for 5 minutes before seasoning.

3. THYME FOR THE GRAVY Return the pan (with a lid) over medium heat with a drizzle of oil. When hot, add the onions and thyme, and season. Allow to cook until the onions are slightly caramelised, 8-10 minutes. Add the mushrooms, garlic, and beef stock, and 150ml [300ml] of water. Reduce the heat and allow to simmer until slightly reduced, 12-15 minutes.

4. CREAM & CHEESE Stir through the crème fraîche. Return the pork neck to the pan and top with emmental cheese. Cover with a lid, turn off the heat, and allow to rest for 2-3 minutes.

5. SAVOUR THE FLAVOUR Bowl up your pumpkin mash, top with the pork steak and onion gravy, sprinkle over the flaked almonds and finish with fresh parsley. Well done, Chef.