



# UCCOOK

## Pork Neck & Butter Bean Salsa

**with roasted veggies**

Good, better, butter bean salsa and butter-basted pork! Spiced with NOMU One For All Rub, juicy pieces of pork are enjoyed with a zesty parsley, butter bean & cucumber salsa. Served with rosemary-infused oven veggies and dollops of creamy yoghurt.

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**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Jade Summers

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Quick & Easy

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KWV - The Mentors | KWV The Mentors  
Chenin Blanc

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## Ingredients & Prep

750g	Roast Veg Mix
15ml	NOMU One For All Rub
480g	Pork Neck Steak
360g	Butter Beans <i>drain &amp; rinse</i>
300g	Cucumber <i>rinse &amp; cut into thin half-moons</i>
8g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>
30ml	Lemon Juice
90ml	Low Fat Plain Yoghurt

## From Your Kitchen

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

**1. OM NOM NOMU VEGGIES** Coat the roast veg mix in oil, ½ the NOMU rub, and seasoning. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. PERFECT PORK** 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 remaining NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

**3. BEAN SALSA** In a bowl, combine the drained beans, the cucumber, the chopped parsley, the lemon juice, and seasoning. Set aside. Season the yoghurt.

**4. FAB FOOD** Plate up the bean salsa and dollop over the yoghurt. Side with the sliced pork, and the roasted veg.



## Chef's Tip

Oven method: Preheat the oven to 200°C. Spread the roast veg mix on a roasting tray. Coat in oil, ½ the NOMU rub, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	719kJ
Energy	172kcal
Protein	4.2g
Carbs	10g
of which sugars	1.1g
Fibre	1.5g
Fat	12.5g
of which saturated	4.6g
Sodium	110.7mg

## Allergens

Allium, Cow's Milk

Eat  
Within  
2 Days