



UCOOK

Rosemary Pork & Warm Citrus Salad

with roasted broccoli & orange vinaigrette

With a zesty orange vinaigrette complemented with the fragrant, woody notes of rosemary, this succulent pork steak is drizzled with buttery pan juices and finished off with chopped pecans and a warm citrus salad. A pork dish that is a definite palate pleaser!

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Carb Conscious

 Leopard's Leap | Culinaria Pinot Noir

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Ingredients & Prep

1	Red Onion <i>½ peeled & cut into wedges</i>
150g	Broccoli Florets <i>cut into bite-sized pieces</i>
10g	Pecan Nuts
4g	Fresh Rosemary <i>rinsed</i>
1	Orange <i>¼ sliced into rounds & ¼ cut into wedges</i>
5ml	Dijon Mustard
10ml	White Wine Vinegar
160g	Pork Neck Steak
1	Garlic Clove <i>peeled & grated</i>
10ml	Honey
40g	Salad Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. ADD THE ROASTY TASTE Preheat the oven to 200°C. Place the onion wedges on a roasting tray. Coat in oil and season. Roast in the hot oven for 20-25 minutes until cooked through and crisping up. In a bowl, toss the broccoli pieces with a drizzle of oil and seasoning. Set aside.

2. PECAN PAN Place the pecans in a pan over a medium heat. Toast for 3-5 minutes until golden brown. Remove from the pan and roughly chop.

3. ORANGE MÉLANGE Finely chop a ¼ of the rinsed rosemary. Slice the rinds off the orange rounds and discard. Set the rounds aside. In a bowl, combine the juice of 2 orange wedges, the chopped rosemary, the mustard, the vinegar, a drizzle of olive oil, a sweetener of choice (to taste), and seasoning.

4. FLAVOUR IT UP When the onions have 15 minutes remaining, give the tray a shift. Scatter the dressed broccoli over the tray and roast for the remaining time.

5. SUCCULENT PORK STEAK Pat the pork neck steak dry with paper towel and season. Return the pan to a medium-high heat with a drizzle of oil. When hot, add the remaining rosemary and the pork steak. Fry for 4-6 minutes per side, depending on the thickness of the steak, or until cooked through and golden. In the final minute, baste with a knob of butter or drizzle of oil, the grated garlic, and the honey. Remove from the pan (reserving any pan juices) and rest for 5 minutes. Thickly slice and lightly season.

6. A CITRUS CELEBRATION In a salad bowl, combine the shredded salad leaves, the orange rounds, the roasted broccoli & onion wedges, seasoning, and the citrus dressing.

7. DRIZZLE AND DISH UP! Plate up the pork neck slices and drizzle over any reserved pan juices. Side with the warm citrus salad and sprinkle over the chopped pecans. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	388kJ
Energy	93kcal
Protein	5g
Carbs	7g
of which sugars	4.8g
Fibre	1.7g
Fat	4.9g
of which saturated	1.4g
Sodium	32mg

Allergens

Allium, Sulphites, Tree Nuts

Cook
within 2
Days