



QCOOK

Stettyn's Pork & Asian Apricot Sauce

with baby potato wedges

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Fan Faves: Serves 3 & 4

Chef: Stettyn Winery

Wine Pairing: Stettyn Wines | Stettyn Family Range
Babelki Brut Rosé

Nutritional Info	Per 100g	Per Portion
Energy	949kj	5084kj
Energy	227kcal	1216kcal
Protein	4.4g	23.8g
Carbs	11g	57g
of which sugars	4g	21.5g
Fibre	1.1g	6g
Fat	18.1g	97g
of which saturated	6.1g	32.6g
Sodium	151mg	810mg

Allergens: Gluten, Sesame, Wheat, Sulphites, Soy

Spice Level: Moderate

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Baby Potatoes <i>rinse & cut into wedges</i>
60g	80g	Dried Apricots
30ml	40ml	Rice Wine Vinegar
7,5ml	10ml	Dried Chilli Flakes
300g	400g	Cucumber <i>rinse & cut into rounds</i>
30ml	40ml	White Sesame Seeds
90ml	120ml	Sesame-Soy Sauce <i>(60ml [80ml] Low Sodium Soy Sauce & 30ml [40ml] Sesame Oil)</i>
30ml	40ml	Apricot Jam
480g	640g	Pork Neck Steak

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)
Seasoning (salt & pepper)

1. POTATO WEDGES Preheat the oven to 200°C. Spread the potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. AND ON TO THE APRICOTS Boil the kettle. Place the apricots in a bowl and submerge in 200ml [250ml] of boiling water. Set aside.

3. PICKLED... In a bowl, combine the rice wine vinegar, 3 [4] tbs of sweetener (to taste), 1 tbs of water, and the chilli flakes (to taste). Mix until fully combined. Toss through the cucumber and set aside, and drain before serving.

4. TOASTY Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

5. SESAME-SOY APRICOTS Drain the apricots, reserving the water, and finely chop. Return the pan to medium heat with a drizzle of oil or a knob of butter (optional). When hot, fry the apricots, 1-2 minutes (shifting constantly). Stir in the sesame-soy sauce, the jam, and the reserved apricot water. Once simmering, allow to reduce until the sauce is sticky and the apricots are soft, 10-12 minutes. Season, remove from the heat, and cover.

6. 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

7. A TASTE TO REMEMBER Dish up the potatoes and serve the crispy pork alongside. Drizzle with the sticky apricot sauce, scatter over the sesame seeds, and side with the cucumber salad.