

# UCOOK

## Broccoli & Mustard-lemon Pork

with pineapple pieces, fresh chilli & lemon

Light meals don't have to be boring. Why not give our delicious pan seared pork neck steak, dried cranberry, and pineapple salad with a delish wholegrain mustard & chilli dressing a go? It is easy as 1, 2, 3 yet ranks at 100 on the flavour scale!

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes


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**Serves:** 3 People


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**Chef:** Megan Bure

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 Carb Conscious

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 Creation Wines | Creation Rosé 2022

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## Ingredients & Prep

450g	Broccoli Florets <i>cut into bite-sized pieces</i>
480g	Pork Neck Steak
2	Red Onions <i>1½ peeled &amp; finely sliced</i>
180g	Pineapple Pieces <i>drained &amp; roughly chopped</i>
60g	Salad Leaves <i>rinsed</i>
60g	Dried Cranberries <i>roughly chopped</i>
300g	Cucumber <i>sliced into half-moons</i>
2	Lemons <i>1½ cut into wedges</i>
2	Fresh Chillies <i>deseeded &amp; finely chopped</i>
15ml	Wholegrain Mustard

## From Your Kitchen

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

**1. BROCCOLI BEAUT** Preheat the oven to 200°C. Place the broccoli pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 20-25 minutes until cooked through and crisping up, shifting halfway.

**2. PORK TIME!** When the broccoli has 10 minutes remaining, place a nonstick pan over a medium-high heat. Pat the pork neck steak dry with some paper towel and coat in oil. When the pan is hot, sear the pork for 4-6 minutes, until browned and cooked through. Remove from the pan and allow to rest for 5 minutes before thinly slicing. Season the slices.

**3. VIBRANT SALAD** When the broccoli is done, place in a bowl. Add the onion slices (to taste), the chopped pineapple, the rinsed salad leaves, the chopped cranberries, and the cucumber half-moons. Mix until fully combined. In a separate bowl, combine the juice from 3 lemon wedges, the chopped chilli (to taste), the mustard, a drizzle of oil, and seasoning.

**4. THE MAIN EVENT!** Plate up the cranberry salad. Top with the juicy pork slices and drizzle over the mustard-lemon dressing. Easy yet totally delicious, Chef!

## Nutritional Information

Per 100g

Energy	416kJ
Energy	99kcal
Protein	5.7g
Carbs	8g
of which sugars	3.4g
Fibre	2.1g
Fat	4.9g
of which saturated	1.6g
Sodium	34mg

## Allergens

Allium, Sulphites

Cook  
within 2  
Days