

UCCOOK

Beer-glazed Pork

with charred corn, quinoa & grilled pineapple rings

Hands-on Time: 35 minutes

Overall Time: 40 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Jemell Willeberg

Nutritional Info

	Per 100g	Per Portion
Energy	978kj	6072kj
Energy	234kcal	1453kcal
Protein	5.8g	36.2g
Carbs	15g	96g
of which sugars	5g	31.3g
Fibre	1.7g	10.9g
Fat	16.5g	102.3g
of which saturated	6.1g	38g
Sodium	195mg	1209mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Alcohol, Allium

Spice Level: None

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
160g	320g	Pork Neck Steak <i>slice</i>
10ml	20ml	NOMU Moroccan Rub
1 bottle	1 bottle	Beer
50g	100g	Corn
1	2	Onion/s <i>peel & roughly slice</i>
75ml	150ml	Quinoa <i>rinse</i>
100g	200g	Pineapple Rings <i>drain</i>
7,5ml	15ml	Worcestershire Sauce
15ml	30ml	Mustard Dressing <i>(10ml [20ml] Red Wine Vinegar & 5ml [10ml] Dijon Mustard)</i>
20g	40g	Piquanté Peppers <i>drain</i>
40g	80g	Danish-style Feta <i>drain</i>
3g	5g	Fresh Mint <i>rinse, pick & roughly slice</i>

From Your Kitchen

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

1. MARINATION STATION Pat the steak dry with paper towel. Place in a bowl and coat with the NOMU rub and seasoning. Stir in 50ml [100ml] of beer. Set aside in the fridge to marinate, 15-20 minutes.

2. CHARRED CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan, season, and set aside.

3. CARAMELISED ONIONS Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). Fry the onion until caramelised, 8-10 minutes (shifting occasionally). At the halfway mark, add a sweetener. Remove from the pan, season, and cover.

4. FLUFFY QUINOA Place the quinoa in a pot with 200ml [400ml] of salted water. Cover and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside.

5. GRILLED PINEAPPLE & STEAK Coat the pineapple rings in oil. Place a grill pan or a pan over medium-high heat with a knob of butter. When hot, fry the pineapple rings until charred, 2-3 minutes per side. Remove from the pan and set aside. Return the pan to medium heat with a drizzle of oil. Fry the marinated steak until charred and cooked through, 2-3 minutes per side. In the final minute, deglaze the pan with a splash of the marinade. Add the worcestershire sauce and baste the steak, 1-2 minutes. Remove and rest for 5 minutes before slicing.

6. JUST BEFORE SERVING Combine the quinoa with the caramelised onion and season. In a salad bowl, combine the mustard dressing, a sweetener (to taste), and a drizzle of olive oil. Toss through the charred corn and the pickled peppers.

7. DINNER TIME Plate up the quinoa, side with the sliced steak, and the pineapple. Scatter over the corn and peppers. Crumble the feta over the quinoa and garnish with the mint. Cheers, Chef!