



UCCOOK

Spicy Mexi Pork Neck Salad

with Danish-style feta & tomatoes

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	876kJ	5482kJ
Energy	210kcal	1312kcal
Protein	5.5g	34.3g
Carbs	9g	54g
of which sugars	1.9g	12g
Fibre	1.8g	11.1g
Fat	16.9g	105.5g
of which saturated	6.8g	42.3g
Sodium	184mg	1154mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
480g	640g	Pork Neck Steak
30ml	40ml	NOMU Taco Mex Mix
300g	400g	Corn
360g	480g	Black Beans <i>drain & rinse</i>
150ml	200ml	Sour Cream
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
45ml	60ml	Lemon Juice
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
30g	40g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
90g	120g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. 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 minute, baste with ½ the NOMU rub and a knob of butter. Remove from the pan and rest for 5 minutes before slicing and seasoning.

2. CORN & BEANS While the pork is on the go, place a pan over medium-high heat with a drizzle of oil and a knob of butter. When hot, fry the corn until lightly charred, 4-5 minutes (shifting occasionally). Add the beans and the remaining NOMU rub, and fry until warmed through, 3-4 minutes. Remove from the heat and season.

3. DRESSING In a small bowl, combine the sour cream, ½ the coriander, lemon juice (to taste), and seasoning. Loosen with water in 5ml increments until drizzling consistency.

4. DINNER IS READY In a salad bowl, make a bed of the salad leaves. Scatter over the beans and corn, tomatoes, and jalapeño (to taste). Top with the pork slices and drizzle over the tangy sour cream. Top with the feta and garnish with the remaining coriander. Well done, Chef!