



UCOOK

Crumb-Coated Pork Neck & Butternut Mash

with a charred patty pan salad

A bright orange butternut mash complements pea-crumb coated pork neck steak. A burst of freshness comes in the form of a feta & greens salad, featuring an explosion of flavour from the Pesto Princess Sun-dried Tomato Pesto-coated pan-fried patty pans. Served with toasted hazelnuts.

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Megan Bure

Carb Conscious

Waterkloof | Seriously Cool Cinsault

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Ingredients & Prep

750g	Butternut Chunks
30g	Hazelnuts <i>roughly chop</i>
30ml	Pesto Princess Sun-dried Tomato Pesto
60ml	Seasoned Flour <i>(30ml NOMU Roast Rub & 30ml Cornflour)</i>
150ml	Pea Crumb
480g	Pork Neck Steak
60g	Green Leaves <i>rinse</i>
90g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Egg/s
Milk (optional)
Paper Towel
Butter (optional)

1. BEGIN THE BUTTERNUT Place the butternut chunks in a pot of salted water over a medium-high heat. Bring to the boil and cook until soft, 20-25 minutes. Drain and return to the pot. Add a knob of butter (optional), and a splash of water or milk. Mash with a fork, season, cover and set aside.

2. HEAVENLY HAZELNUTS Place the chopped hazelnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. PATTY PANS & PESTO Return the pan to medium-high heat with a drizzle of oil. When hot, fry the patty pan pieces until charred, 4-5 minutes. Remove from the pan, season and set aside. In a bowl, loosen the pesto with water in 5ml increments until drizzling consistency. Set aside.

4. PEA-CRUMB PORK Whisk 2 eggs in a shallow dish with a tsp of water. Prepare two shallow dishes: one containing the seasoned flour, and one containing the pea crumb. Pat the pork dry with paper towel and season with salt. Coat the pork chops in the seasoned flour, dusting off any excess flour. Coat in the whisked egg, and lastly the pea crumb. Return the pan to medium heat with enough oil to cover the base. When hot, fry the crumbed pork until golden and cooked through, 4-5 minutes per side. Keep an eye on the crumb as it can burn easily! Remove from the pan and drain on paper towel.

5. SUPERB SALAD Separate the dill from the salad leaves. Roughly shred the rinsed leaves and chop the reserved dill. To a salad bowl, add the shredded leaves. Toss through the drained feta, the cooked patty pans, ½ the dill, the loosened pesto, a drizzle of olive oil and seasoning. Set aside.

6. PERFECT PLATE OF PORK Plate up the creamy butternut mash and serve the crispy crumbed pork alongside. Garnish with the remaining dill. Side with the fresh salad, finished off with the toasted nuts.

Nutritional Information

Per 100g

Energy	931kJ
Energy	223kcal
Protein	6.2g
Carbs	10g
of which sugars	1.6g
Fibre	1.8g
Fat	20.1g
of which saturated	7.2g
Sodium	167mg

Allergens

Cow's Milk, Egg, Allium, Sulphites, Tree Nuts

Eat
Within
2 Days