



WCOOK

Pork Rump & Cheesy Garlic Bread

with a sun-dried tomato & Italian-style cheese salad

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Fan Faves: Serves 1 & 2

Chef: Megan Bure

Wine Pairing: Niriða | Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	812.2kJ	4232.4kJ
Energy	194.2kcal	1012kcal
Protein	14.4g	74.9g
Carbs	18.1g	94.5g
of which sugars	3.6g	18.6g
Fibre	1.3g	6.7g
Fat	7.8g	40.4g
of which saturated	3.1g	15.9g
Sodium	313.5mg	1633.8mg

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
10g	20g	Almonds <i>roughly chop</i>
10ml	20ml	Cake Flour
100ml	200ml	Low Fat UHT Milk
40g	80g	Cheddar Cheese <i>grate</i>
1	2	Garlic Clove/s <i>peel & grate</i>
3g	5g	Fresh Chives <i>rinse & roughly chop</i>
1	2	Sourdough Baguette/s
20g	40g	Salad Leaves <i>rinse</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
30g	60g	Italian-style Hard Cheese <i>peel into ribbons</i>
150g	300g	Pork Rump
5ml	10ml	NOMU BBQ Rub

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Milk (optional)
Paper Towel
Butter

1. THE CRUNCH FACTOR Preheat the oven to 200°C. Place the almonds in a pot over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot and set aside.

2. CHEESY-CHIVE BECHAMEL Return the pot to medium heat with 10g [20g] of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add the cheese, garlic (to taste), ½ the chives and stir until melted. Season and remove from the heat. Add a splash of water or milk (optional) if the sauce is too thick.

3. BEAUTIFUL BAGUETTE Cut 4-5 incisions along the top of the baguette/s - don't cut all the way through! Fill each incision with ½ the cheesy garlic mixture. Place the baguette/s on a roasting tray and into the oven. Place an oven-proof dish with water onto the oven floor. Bake until light brown and crispy, 10-12 minutes. Top up with the remaining cheese sauce (to taste) before serving.

4. CHEESE & TOMATO SALAD In a salad bowl, combine the green leaves with the sun-dried tomatoes, cheese, nuts, a drizzle of olive oil and seasoning. Toss and set aside.

5. 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, fat-side down, until crispy, 3-5 minutes. Flip the pork onto its side and sear until browned, 3-5 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

6. FIVE STARS, CHEF! Plate up the cheesy garlic bread and serve the pork slices and dressed salad alongside.