

UCCOOK

Avocado Salsa with Pork Fillet

with jalapeños & corn on the cob

Hands-on Time: 25 minutes

Overall Time: 40 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	406kJ	2062kJ
Energy	97kcal	494kcal
Protein	7.1g	40.1g
Carbs	7g	36g
of which sugars	2g	11g
Fibre	2g	11g
Fat	4.5g	23g
of which saturated	0.9g	4.5g
Sodium	56mg	285mg

Allergens: Allium, Sulphites

Spice Level: Hot

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Corn On The Cob <i>remove silks</i>
150g	300g	Pork Fillet
5ml	10ml	Old Stone Mill Mexican Spice
1	1	Avocado <i>cut in half & roughly dice ½ [1]</i>
1	1	Onion <i>peel & finely dice ¼ [½]</i>
1	1	Tomato <i>rinse & roughly dice ½ [1]</i>
5g	10g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
15ml	30ml	Lime Juice
40g	80g	Green Leaves <i>rinse</i>
3g	5g	Fresh Chives <i>rinse & finely slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. CORN Place a pan (that has a lid) over medium heat with enough water to cover the base. Add the corn and bring to a simmer. Once simmering, cover and cook until all the water has evaporated, 8-10 minutes. Remove from the heat and season. Alternatively, air fry at 200°C until crispy, 12-15 minutes (shifting halfway).

2. PORK Place a pan (that has a lid) over medium heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 3-4 minutes on one side. Flip, cover with the lid, lower the heat, and fry until cooked through, 6-8 minutes. During the final 1-2 minutes, spice with the Mexican spice. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. SALSA Add the avocado to a bowl with the onion, the tomatoes, the jalapeños (the taste), and the lime juice (to taste), and add seasoning.

4. DINNER IS READY Make a bed of green leaves, top with the salsa, and serve alongside the pork slices and corn. Garnish with chives and enjoy, Chef!