



UCCOOK

Rosemary & Garlic Pork Steak

with broccoli & carrot orzo

A rich & delicious rosemary-garlic sauce is spooned over juicy pan-fried pork neck steak slices. Served on a bed of orzo loaded with charred broccoli & carrot, and flecks of sweet sun-dried tomatoes. A simple yet indulgent dinner. Eat your heart out, Gordon Ramsey!

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Thea Richter

 Quick & Easy

 Waterford Estate | Waterford Pecan Stream
Chenin Blanc 2021

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Ingredients & Prep

225ml	Orzo Pasta
720g	Carrot <i>peeled & sliced into half-moons</i>
300g	Broccoli Florets <i>cut into bite-sized pieces</i>
60g	Sun-dried Tomatoes <i>drained & roughly chopped</i>
480g	Pork Neck Steak
2	Garlic Cloves <i>peeled & grated</i>
90ml	Red Wine Vinegar
6g	Fresh Rosemary <i>rinsed, picked & roughly chopped</i>
30g	Sunflower Seeds

From Your Kitchen

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

1. BUBBLING AWAY Boil the kettle. Fill a pot for the orzo with 600ml of boiling water and add a pinch of salt. Once boiling rapidly, cook the orzo for 7-10 minutes until cooked al dente. Remove from the heat, drain if necessary, and toss through some oil to prevent sticking.

2. ORZO LOADING Place a pan, with a lid, over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the carrot half-moons and the broccoli pieces. Fry for 6-7 minutes until lightly charred, shifting occasionally. Add a splash of water, cover with the lid, and leave to simmer for 1-2 minutes until cooked but still al dente. Remove from the pan and set aside. When the orzo is done, add the fried carrot & broccoli and the chopped sun-dried tomatoes to the pot and toss until combined. Season and cover to keep warm.

3. PERFECT PORK Pat the pork dry with paper towel and season. Return the pan to a medium-high heat with a drizzle of oil. When hot, cook the pork for 4-6 minutes per side, depending on the thickness, until cooked through and golden. Remove from the pan and rest for 5 minutes.

4. SO SAUCY Return the pan to a medium-high heat and deglaze with a splash of water. When hot, fry the grated garlic for 1-2 minutes until fragrant, shifting regularly. Add in the vinegar and 1 tbsp of a sweetener of choice. Cook until the vinegar is almost evaporated, about 2-3 minutes. Add in the chopped rosemary, 80ml of water and some seasoning. Mix until combined. Lower the heat to medium-low and leave to simmer for 3-5 minutes until slightly reduced. Swirl in a knob of butter (optional) and remove from the heat.

5. WOWZER! Plate up the loaded veggie orzo. Top with the pork steak and drizzle over the rosemary-garlic sauce. Sprinkle over the sunflower seeds and finish off with a crack of black pepper. Well done, Chef!



Chef's Tip

If you would like to toast the sunflower seeds, place them in a pan over medium heat. Toast for 2-4 minutes until lightly browned.

Nutritional Information

Per 100g

Energy	600kj
Energy	143kcal
Protein	7.3g
Carbs	14g
of which sugars	3.5g
Fibre	2.3g
Fat	6g
of which saturated	1.7g
Sodium	36mg

Allergens

Gluten, Allium, Wheat, Sulphites

Cook
within 2
Days