



Eat Within 2 Days

UCCOOK

Pork Neck & Kewpie Mayo Dressing

with roasted beetroot & piquanté peppers

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Delheim Wines | Delheim Merlot

Nutritional Info

	Per 100g	Per Portion
Energy	884kJ	6569kJ
Energy	212kcal	1572kcal
Protein	3.7g	27.5g
Carbs	6g	43g
of which sugars	1.3g	10g
Fibre	3g	22.4g
Fat	16.5g	122.7g
of which saturated	4.9g	36.3g
Sodium	70mg	523mg

Allergens: Cow's Milk, Egg, Allium, Sesame, Sulphites, Soy

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i>
120g	160g	Edamame Beans
90ml	125ml	Kewpie Mayo
2	2	Avocados <i>cut in half & roughly dice 1½ [2]</i>
480g	640g	Pork Neck Steak
15ml	20ml	NOMU Oriental Rub
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
150g	200g	Cucumber <i>rinse & cut into thin rounds</i>
60g	80g	Piquanté Peppers <i>drain</i>

From Your Kitchen

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

1. GOLDEN BEET Boil the kettle and preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. PLUMP BEANS Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside. In a bowl, add the Kewpie mayo and water in 5ml increments until a drizzling consistency.

3. FROM AVO TO GUAC Add the avocado to a bowl with some seasoning. Mash with a fork until a nice, smooth guacamole forms. Set aside.

4. ORIENTAL-SPICED 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 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.

5. OPTIONAL EGG Bring a pot of water to the boil for 3 [4] eggs (optional). When the water is boiling, cook the eggs for 6-8 minutes for medium, 6 minutes for medium-soft, and 8-10 minutes for medium-hard. Drain and submerge in cold water. Peel and slice in half before serving. Season.

6. BRING IT ALL TOGETHER Make a bed of the salad leaves. Top with the cucumber, the roasted beetroot, the edamame beans, the egg (optional), and the pork slices, poke bowl-style. Garnish with the piquanté peppers. Dollop over the guacamole and drizzle over the Kewpie mayo. Enjoy!