



UCCOOK

Sweet Soy Citrus Pork

with a blistered baby tomato & green leaf salad

Sweeten up your weeknight with this juicy pork neck steak covered with a sweet & sticky citrus glaze, perfect for celebrating citrus season! Served with beautifully roasted baby carrots and a blistered baby tomato & green leaf salad, this recipe does not pork around.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Rhea Hsu

 Adventurous Foodie

 Leopard's Leap | Culinaria Pinot Noir
Chardonnay

Loved the dish? Let us know. Join the UCCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

360g	Baby Carrot Medley <i>rinsed & halved, keeping the stems intact</i>
240g	Baby Tomato Medley <i>halved</i>
15ml	Dried Thyme
30g	Pine Nuts
480g	Pork Neck Steak
2	Oranges <i>zested</i>
2	Lemons <i>1½ zested & cut into wedges</i>
67,5ml	Sweet-Soy <i>(22,5ml Honey & 45ml Low Sodium Soy Sauce)</i>
2	Garlic Cloves <i>peeled & grated</i>
60g	Green Leaves <i>rinsed</i>
12g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. I CARROT BELIEVE IT Preheat the oven to 200°C. Spread the halved baby carrots on a roasting tray. Spread the halved baby tomatoes on a separate roasting tray. Coat both trays in oil, and season. Sprinkle ½ the dried thyme over the dressed baby tomatoes. Roast both trays in the hot oven for 20-25 minutes until carrots are cooked through and the tomatoes are blistering, shifting halfway.

2. PINE, AND YOU? Place the pine nuts in a nonstick pan over medium heat. Toast for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan and set aside for serving.

3. SIZZLING & SEARING Pat the pork neck dry with paper towel and season. Return the pan to medium-high heat with a drizzle of oil. When hot, cook the pork neck steaks for 4-6 minutes per side until cooked through and golden (time may vary depending on the thickness of the pork). In the last 1-2 minutes, baste with a knob of butter (optional) and the remaining thyme. Remove from the pan and rest for 5 minutes. Thickly slice before serving, and lightly season.

4. CITRUS FEAST Cut one of the oranges into wedges and cut the remaining orange into rounds. Cut the skin and the rind off the rounds and set aside for serving. Discard the skin and rind. In a bowl, combine the juice of 3 orange wedges, the juice of 3 lemon wedges, the sweet-soy, the grated garlic, the orange zest, the lemon zest, and seasoning.

5. SO SAUCY Return the pan, wiped down, to medium heat and pour in the citrus sauce. Leave to simmer for 4-5 minutes until reduced and thickened. In the final 1-2 minutes, add 30g of butter.

6. DINNER LOADING... When the tomatoes are done, place in a bowl. Add the rinsed green leaves, the toasted pine nuts, a drizzle of oil, and seasoning.

7. PLATE UP! Plate up the pork slices drizzled with the citrus sauce. Garnish with the chopped coriander. Serve with the roasted baby carrots and the charred tomato salad. Side with orange rounds. Bon appetit!

Nutritional Information

Per 100g

Energy	440kJ
Energy	105kcal
Protein	5.6g
Carbs	9g
of which sugars	5.3g
Fibre	2.3g
Fat	5.5g
of which saturated	1.8g
Sodium	83mg

Allergens

Gluten, Allium, Wheat, Tree Nuts, Soy

Cook
within 2
Days