



Eat Within 2 Days

UCCOOK

Pork Neck Steak & Smashed Potatoes

with a bocconcini salad

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Nitrda | Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	930kJ	5514kJ
Energy	222kcal	1319kcal
Protein	5.4g	32g
Carbs	9g	54g
of which sugars	1.8g	10.5g
Fibre	1.6g	9.7g
Fat	17.9g	105.9g
of which saturated	6.6g	39.3g
Sodium	76mg	449mg

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

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Baby Potatoes <i>rinse</i>
15ml	30ml	Spice Mix <i>(10ml [20ml] South African Seasoning & 5ml [10ml] Smoked Paprika)</i>
15ml	30ml	Grated Italian-style Hard Cheese
160g	320g	Pork Neck Steak
20g	40g	Green Leaves <i>rinse</i>
80g	160g	Baby Tomatoes <i>rinse & cut in half</i>
3	6	Bocconcini Balls <i>cut in half</i>
30ml	60ml	Honey Mustard Dressing
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Seasoning (salt & pepper)
Paper Towel

1. **PARBOIL** Preheat the oven to 200°C. Place the baby potatoes in a pot of salted water. Bring to a boil and cook until easily pierced with a fork but still firm, 10-15 minutes. Drain and set aside.

2. **SMASHED POTATOES** Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle over some oil, sprinkle over the spice mix, cheese, and season. Roast in the hot oven until crispy, 25-30 minutes. Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

3. **PORK NECK** 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

4. **SALAD** In a bowl, combine the green leaves, baby tomatoes, bocconcini, mustard dressing, and season.

5. **DINNER IS READY** Dish up the smashed potatoes, side with the steak, and salad. Garnish with a sprinkle of the parsley and dig in, Chef!