



UCOOK

Pork Neck & Heavenly Herb Sauce

with couscous, roasted aubergine & crispy onion bites

Succulent pork neck is basted in tandoori spices and seared to perfection! It is served on a bed of fluffy spiced wholewheat couscous alongside a roasted aubergine salad. This amazing dish is finished off with a dreamy crème fraîche, mustard, and herb sauce. What are you waiting for? Add to cart!


Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

 Quick & Easy

 Fat Bastard | Chenin Blanc

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Ingredients & Prep

250g	Aubergine <i>rinsed, trimmed & cut into bite-sized chunks</i>
10ml	NOMU Roast Rub
75ml	Whole Wheat Couscous
4g	Fresh Rosemary <i>rinsed & picked</i>
4g	Fresh Thyme <i>rinsed & picked</i>
160g	Pork Neck Steak
10ml	Tandoori Spice
45ml	Crème Fraîche
20ml	Wholegrain Mustard
20g	Green Leaves <i>rinsed</i>
20g	Capers <i>drained</i>
10ml	Crispy Onions

From Your Kitchen

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

1. AUBERGINE Preheat the oven to 220°C. Spread out the aubergine chunks on a roasting tray, coat in oil, the Roast Rub, and seasoning. Roast in the hot oven for 25-30 minutes until softened, shifting halfway.

2. COUSCOUS Boil the kettle. Using a shallow bowl, submerge the couscous in 125ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and steam for 5-8 minutes until tender. Once cooked, fluff up with a fork.

3. STEAK Roughly chop the rinsed rosemary and thyme. Pat the pork neck steak dry with paper towel and season. Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the pork for 4-6 minutes per side or until cooked through. In the final minute, baste with ½ the tandoori spice and a knob of butter. Allow to rest for 5 minutes. Slice and lightly season.

4. CREAMY SAUCE Return the pan to a medium heat with a knob of butter. Add the crème fraîche, the mustard, the chopped rosemary, the chopped thyme, the remaining tandoori spice, and 20ml of water. Mix until fully combined and leave to simmer for 3-4 minutes until slightly thickened. Add an extra splash of water if necessary.

5. SALADS In a salad bowl, combine the rinsed green leaves, the drained capers, a drizzle of oil, and seasoning. Set aside. In a separate bowl, combine the cooked couscous and the roasted aubergine. Season if necessary.

6. DELISH! Plate up the couscous-aubergine salad alongside the pork neck steak slices. Top with the creamy herb sauce and side with the caper salad. Sprinkle over the crispy onions. There you have it, Chef!

Nutritional Information

Per 100g

Energy	674kJ
Energy	161Kcal
Protein	7.3g
Carbs	12g
of which sugars	2.6g
Fibre	3.2g
Fat	8.9g
of which saturated	3.7g
Sodium	289.1mg

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 2
Days