

UCCOOK

Sage Butter Pork & Asparagus

with baby tomatoes & feta

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Carb Conscious: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	854kJ	4466kJ
Energy	204kcal	1068kcal
Protein	5g	26.4g
Carbs	2g	13g
of which sugars	0.5g	2.7g
Fibre	1.7g	9.1g
Fat	18.4g	96.2g
of which saturated	6.7g	35g
Sodium	82mg	431mg

Allergens: Cow's Milk, Tree Nuts

Spice Level: None

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Beetroot <i>rinse, peel (optional) & cut into half-moons</i>
30g	40g	Almonds
300g	400g	Asparagus <i>rinse & trim off the fibrous end</i>
8g	10g	Fresh Sage <i>rinse, pick & dry</i>
480g	640g	Pork Neck Steak
240g	320g	Baby Tomatoes <i>rinse & cut into quarters</i>
60g	80g	Danish-style Feta <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. UN-BEAT-ABLE 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. ALL THE ALMONDS Place the almonds in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. AL DENTE ASPARAGUS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the asparagus until slightly charred but al dente, 5-6 minutes (shifting occasionally). Remove from the pan and season.

4. SAGE BUTTER Return the pan to a medium-high heat with a drizzle of oil and 90g [120g] of butter. Once foaming, fry the sage leaves until crispy, 1-2 minutes per side. (To make this easier, use tongs if you have them!). Remove the infused butter from the pot, drain the crispy sage leaves on paper towel and set aside for serving.

5. PERFECT PORK Return a pan to medium-high heat with a drizzle of oil (if necessary). 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.

6. PLATE UP Plate up the asparagus and top with the tomatoes, the nuts, and crumble over the feta. Side with the pork, and the beetroot. Drizzle over the infused butter, and garnish with the crispy sage. Enjoy!