

# WCOOK

## Waterkloof's Spiced Pork Rump

with crispy chickpeas & charred baby marrow

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Waterkloof Wine Farm

**Wine Pairing:** Waterkloof | Seriously Cool Chenin blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	309kJ	2755kJ
Energy	74kcal	659kcal
Protein	5.9g	52.9g
Carbs	9g	81g
of which sugars	3.7g	33.2g
Fibre	2.6g	23.4g
Fat	1.5g	13.7g
of which saturated	0.3g	2.3g
Sodium	58mg	514mg

**Allergens:** Sulphites, Cow's Milk

**Spice Level:** None



Eat Within 2 Days

## Ingredients & Prep Actions:

---

Serves 3	[Serves 4]	
30g	40g	Sunflower Seeds
360g	480g	Chickpeas <i>drain &amp; rinse</i>
300g	400g	Baby Marrow <i>rinse, trim &amp; cut into bite-sized pieces on the diagonal</i>
450g	600g	Pork Rump
15ml	20ml	Nomu Does Everything
2	2	Oranges <i>rinse &amp; cut into wedges</i>
2	2	Lemons <i>rinse &amp; cut into wedges</i>
150g	200g	Artichoke Quarters
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

---

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

**1. TOAST** Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**2. CHICKPEAS** Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 10-12 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. Remove from the pan and season. Alternatively, air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

**3. CHARRED BABY MARROW** Return the pan to medium heat with a drizzle of oil. When hot, fry the baby marrow until charred, 4-5 minutes (shifting occasionally). Remove from the pan and season.

**4. PORK RUMP** Return the pan to medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. Sear the pork, fat-side down, until crispy, 3-5 minutes. Flip the pork onto its side and sear until browned, 2-3 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. ALL TOGETHER** In a salad bowl, combine a drizzle of olive oil, and a squeeze of orange and lemon juice (to taste). Mix to emulsify. Add the artichokes, salad leaves, baby marrow, chickpeas, and toss to combine.

**6. TIME TO DINE** Bowl up the citrus salad, top with the pork slices, scatter over the sunflower seeds, and garnish with any remaining lemon and orange wedges. Enjoy, Chef!