

# UCCOOK

## Rosemary & Garlic Pork Steak

with broccoli & carrot orzo

A rich & delicious rosemary-garlic sauce is spooned over juicy pan-fried pork neck steak slices. Served on a bed of orzo loaded with charred broccoli & carrot, and flecks of sweet sun-dried tomatoes. A simple yet indulgent dinner. Eat your heart out, Gordon Ramsey!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People

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**Chef:** Thea Richter

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 Quick & Easy

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 Waterford Estate | Waterford Pecan Stream  
Chenin Blanc 2021

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## Ingredients & Prep

|       |                                                               |
|-------|---------------------------------------------------------------|
| 150ml | Orzo Pasta                                                    |
| 480g  | Carrot<br><i>peeled &amp; sliced into half-moons</i>          |
| 200g  | Broccoli Florets<br><i>cut into bite-sized pieces</i>         |
| 40g   | Sun-dried Tomatoes<br><i>drained &amp; roughly chopped</i>    |
| 320g  | Pork Neck Steak                                               |
| 1     | Garlic Clove<br><i>peeled &amp; grated</i>                    |
| 60ml  | Red Wine Vinegar                                              |
| 4g    | Fresh Rosemary<br><i>rinsed, picked &amp; roughly chopped</i> |
| 20g   | Sunflower Seeds                                               |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey  
Butter (optional)  
Paper Towel

**1. BUBBLING AWAY** Boil the kettle. Fill a pot for the orzo with 400ml of boiling water and add a pinch of salt. Once boiling rapidly, cook the orzo for 7-10 minutes until cooked al dente. Remove from the heat, drain if necessary, and toss through some oil to prevent sticking.

**2. ORZO LOADING** Place a pan, with a lid, over medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, add the carrot half-moons and the broccoli pieces. Fry for 5-6 minutes until lightly charred, shifting occasionally. Add a splash of water, cover with the lid, and leave to simmer for 1-2 minutes until cooked but still al dente. Remove from the pan and set aside. When the orzo is done, add the fried carrot & broccoli and the chopped sun-dried tomatoes to the pot and toss until combined. Season and cover to keep warm.

**3. PERFECT PORK** Pat the pork dry with paper towel and season. Return the pan to a medium-high heat with a drizzle of oil. When hot, cook the pork for 4-6 minutes per side, depending on the thickness, until cooked through and golden. Remove from the pan and rest for 5 minutes.

**4. SO SAUCY** Return the pan to a medium-high heat and deglaze with a splash of water. When hot, fry the grated garlic for 1-2 minutes until fragrant, shifting regularly. Add in the vinegar and 2 tsp of a sweetener of choice. Cook until the vinegar is almost evaporated, about 1-2 minutes. Add in the chopped rosemary, 60ml of water and some seasoning. Mix until combined. Lower the heat to medium-low and leave to simmer for 2-3 minutes until slightly reduced. Swirl in a knob of butter (optional) and remove from the heat.

**5. WOWZER!** Plate up the loaded veggie orzo. Top with the pork steak and drizzle over the rosemary-garlic sauce. Sprinkle over the sunflower seeds and finish off with a crack of black pepper. Well done, Chef!



## Chef's Tip

If you would like to toast the sunflower seeds, place them in a pan over medium heat. Toast for 2-4 minutes until lightly browned.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 600kj   |
| Energy             | 143kcal |
| Protein            | 7.3g    |
| Carbs              | 14g     |
| of which sugars    | 3.5g    |
| Fibre              | 2.3g    |
| Fat                | 6g      |
| of which saturated | 1.7g    |
| Sodium             | 36mg    |

## Allergens

Gluten, Allium, Wheat, Sulphites

Cook  
within 2  
Days