



UCOOK

Pork Rump & Gravy

with roasted carrot wedges & baby potatoes

Satisfying winter food needs to tick a few boxes. A dish should be satisfying, rich, and comforting. This recipe does all three, with oven-roasted carrots & baby potatoes and a juicy pork rump smothered in a delicious garlic-based gravy sauce.

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: UCOOK

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Ingredients & Prep

960g	Carrot <i>trimmed, peeled & cut into wedges</i>
800g	Baby Potatoes <i>rinsed & halved</i>
40ml	Gravy Mix <i>(20ml Cornflour & 20ml Vegetable Stock)</i>
600g	Pork Rump
2	Garlic Cloves <i>peeled & grated</i>

From Your Kitchen

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

1. OVEN ROAST Preheat the oven to 200°C. Spread the carrot wedges & halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway).

2. SOME PREP Boil the kettle. Dilute the gravy mix with 400ml of boiling water.

3. PORK RUMP When the roast has 10-15 minutes to go, place a pan over medium-high heat with a drizzle of oil. Pat the pork rump dry with paper towel and coat in seasoning. When the pan is hot, sear the steak, fat-side down until crispy and cooked through (this time frame may depend on the thickness of the steak), 2-3 minutes per side. Remove from the pan and rest for 5 minutes before slicing, and seasoning.

4. GRAVY Return the pan to medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the grated garlic until fragrant, 30-60 seconds (shifting occasionally). Pour in the diluted gravy mix. Simmer until thickened, 1-3 minutes.

5. PLATE UP Plate up the roasted carrots & baby potatoes, side with the pork slices, and pour the gravy over the pork. Easy, Chef!



Chef's Tip

Air fryer method: Coat the carrot wedges and halved baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	446kj
Energy	107kcal
Protein	5.4g
Carbs	10g
of which sugars	2.6g
Fibre	1.6g
Fat	4.5g
of which saturated	1.6g
Sodium	127mg

Allergens

Allium, Sulphites

Cook
within 2
Days