

UCCOOK

Sweet & Savoury Pork Chop Bowl

with fresh pomegranate & walnuts

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Strandveld | Pofadderbos Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	407kJ	2939kJ
Energy	97kcal	703kcal
Protein	7.1g	51.1g
Carbs	7g	51g
of which sugars	3.6g	26.1g
Fibre	1.8g	13g
Fat	3.9g	27.9g
of which saturated	1g	7.2g
Sodium	71mg	514mg

Allergens: Cow's Milk, Allium, Sulphites, Tree Nuts

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

1	2	Gem Squash <i>rinse, halve, deseed & cut into wedges</i>
10g	20g	Walnuts <i>roughly chop</i>
220g	440g	Pork Loin Chop/s
10ml	20ml	NOMU One For All Rub
15ml	30ml	Mustard Dressing <i>(5ml [10ml] Wholegrain Mustard & 10ml [20ml] Red Wine Vinegar)</i>
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
1	2	Pear/s <i>rinse</i>
20g	40g	Pomegranate Gems

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. ROAST Preheat the oven to 200°C. Place the gem squash on a roasting tray. Lightly drizzle with oil and season. Roast in the hot oven until soft, 25-30 minutes. Alternatively, air fry at 200°C until crispy, 20-25 minutes.

2. TOAST Place the walnuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHOPS Pat the pork chop/s dry with paper towel. Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat to prevent the meat from buckling during frying. Coat in oil, and season. Return the pan to medium-high heat. Sear the pork chop/s, fat-side down, until the fat is rendered and crispy, for 3-5 minutes. Then, fry until cooked through, for 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, season, and rest for 5 minutes.

4. SALAD Core and roughly dice the pear/s. In a salad bowl, combine the mustard dressing, a drizzle of olive oil, and sweetener (to taste). Mix to emulsify. Add the salad leaves, the pear, and the nuts, toss to combine, and season.

5. DINNER IS READY Dish up the gem squash, the juicy pork chop/s, and the loaded salad. Scatter the pomegranate gems over the salad. Well done, Chef!

Chef's Tip To make the salad dressing, place the ingredients in a clean jar, close the lid up tight, and shake. Using a jar emulsifies the dressing much more successfully than just mixing it in a bowl.