

UCCOOK

Mexican Street Corn & Pork Neck

with a black bean salsa

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Carb Conscious: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Waterford Estate | Waterford Rose-Mary Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	984kJ	5954kJ
Energy	236kcal	1425kcal
Protein	7.1g	43.1g
Carbs	8g	46g
of which sugars	3g	18.1g
Fibre	1.3g	8.1g
Fat	19.9g	120.7g
of which saturated	7g	42.2g
Sodium	187mg	1130mg

Allergens: Cow's Milk, Egg, Allium, Sulphites

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1	2	Corn On The Cob <i>remove silks</i>
160g	320g	Pork Neck Steak
5ml	10ml	Old Stone Mill Mexican Spice
60g	120g	Black Beans <i>drain & rinse</i>
1	2	Tomato/es <i>rinse & roughly dice</i>
10g	20g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
50g	100g	Cucumber <i>rinse & roughly dice</i>
3g	5g	Fresh Coriander <i>rinse & roughly chop</i>
30ml	60ml	Lime Juice
60ml	120ml	Creamy Mayo <i>(30ml [60ml] Low Fat Cottage Cheese & 30ml [60ml] Mayo)</i>
20g	40g	Danish-style Feta <i>drain</i>
15ml	30ml	Spicy Cheese <i>(10ml [20ml] Grated Italian-style Hard Cheese & 5ml [10ml] Dried Chilli Flakes)</i>

From Your Kitchen

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

1. CORN ON THE COB Place a pan (that has a lid) over medium heat with enough water to cover the base. Add the corn and bring to a simmer. Once simmering, cover and cook until all the water has evaporated, 8-10 minutes. Remove the lid and add a knob of butter. Fry until lightly charred, 3-4 minutes (turning as it colours). Remove from the pan and set aside. Alternatively, air fry at 200°C until tender and lightly golden, 12-15 minutes (shifting halfway).

2. PORK NECK While the corn is on the go, place a pan over medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 4-6 minutes per side. In the final 1-2 minutes, baste with a knob of butter, and the Mexican spice. Remove from the pan, season, and rest for 5 minutes.

3. SALSA In a bowl, combine the beans, the tomato/es, the jalapeños (to taste), the cucumber, ½ the coriander, ½ the lime juice (to taste), a drizzle of olive oil, and seasoning. In a small bowl, mix the creamy mayo, the feta, and the remaining lime juice (to taste).

4. DINNER IS READY Smother the grilled corn in the zingy creamy mayo and sprinkle the spicy cheese over it. Serve the sizzling pork and salsa on the side. Garnish with the remaining coriander and tuck in, Chef!