



# UCCOOK

## Crumb-Coated Pork Neck & Butternut Mash

with a charred patty pan salad

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Carb Conscious:** Serves 1 & 2

**Chef:** Jade Summers

**Wine Pairing:** Groote Post Winery | Groote Post Riesling

Nutritional Info	Per 100g	Per Portion
Energy	987kJ	5190kJ
Energy	236kcal	1242kcal
Protein	6.7g	35.2g
Carbs	10g	52g
of which sugars	1.5g	7.7g
Fibre	1.7g	8.9g
Fat	21.7g	114.2g
of which saturated	7.9g	41.3g
Sodium	163mg	859mg

**Allergens:** Egg, Tree Nuts, Cow's Milk, Allium

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
200g	400g	Butternut Chunks
10g	20g	Hazelnuts <i>roughly chop</i>
60g	120g	Patty Pans <i>rinse, trim &amp; cut into bite-sized pieces</i>
10ml	20ml	Pesto Princess Coriander & Chilli Pesto
20ml	40ml	Seasoned Flour <i>(10ml [20ml] NOMU Rub &amp; 10ml [20ml] Flour)</i>
50ml	100ml	Pea Crumb
160g	320g	Pork Neck Steak
20g	40g	Green Leaves <i>rinse</i>
30g	60g	Danish-style Feta <i>drain</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Egg/s  
Milk (optional)  
Paper Towel  
Butter (optional)

**1. BEGIN THE BUTTERNUT** Place the butternut chunks in a pot of salted water over a medium-high heat. Bring to the boil and cook until soft, 15-20 minutes. Drain and return to the pot. Add a knob of butter (optional), and a splash of water or milk. Mash with a fork, season, cover and set aside.

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

**3. PATTY PANS & PESTO** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the patty pans until charred, 4-5 minutes. Remove from the pan, season and set aside. In a bowl, loosen the pesto with water in 5ml increments until drizzling consistency. Set aside.

**4. PEA-CRUMB PORK** Whisk 1 egg in a shallow dish with a tsp of water. Prepare two shallow dishes: one containing the seasoned flour, and one containing the pea crumb. Pat the pork dry with paper towel and season with salt. Coat the pork chop in the seasoned flour, dusting off any excess flour. Coat in the whisked egg, and lastly the pea crumb. Return the pan to medium heat with enough oil to cover the base. When hot, fry the crumbed pork until golden and cooked through, 4-5 minutes per side. Keep an eye on the crumb as it can burn easily! Remove from the pan and drain on paper towel.

**5. SUPERB SALAD** Separate the dill from the salad leaves. Roughly shred the leaves and chop the reserved dill. To a salad bowl, add the leaves. Toss through the feta, patty pans, ½ the dill, pesto, a drizzle of olive oil and seasoning. Set aside.

**6. PERFECT PLATE OF PORK** Plate up the creamy butternut mash and serve the crispy crumbed pork alongside. Garnish with the remaining dill. Side with the fresh salad, finished off with the nuts.