



# UCOOK

## Homemade Cauli Bread & Pork

with a thyme gravy & a green bean salad

Delicious pork neck steak is cooked to perfection and served alongside fluffy cauliflower “bread”, a new take on classic bread. You won’t believe the amazing results! Sided with a green bean salad, you will remember this dish for a long time to come!

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**Hands-On Time:** 45 minutes

**Overall Time:** 60 minutes


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**Serves:** 3 People


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**Chef:** Jeannette Joynt

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 Adventurous Foodie

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 Boschendal | 1685 Chardonnay

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## Ingredients & Prep

540ml	Self-raising Flour
300g	Cauliflower Florets
15ml	Baking Powder
150g	Grated Mozzarella & Cheddar Cheese Mix
8g	Fresh Thyme <i>rinsed, picked &amp; finely chopped</i>
480g	Pork Neck Steak
15ml	Vegetable Stock
2	Garlic Cloves <i>peeled &amp; grated</i>
240g	Green Beans <i>rinsed, trimmed &amp; sliced into thirds</i>
60g	Salad Leaves <i>rinsed</i>
45ml	Balsamic Vinegar

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Egg/s  
Paper Towel  
Loaf/Cake Tin  
Microwave  
Milk (optional)  
Butter (optional)

**1. CAULIFLOWER POWER** Preheat the oven to 180°C. Boil the kettle. Set aside 15ml of the flour for the gravy. Grate the cauliflower florets using the medium-sized holes on a grater. Alternatively, chop the cauliflower very finely with a knife. On completion, the cauliflower should look like rice. Place the cauli rice in the microwave and heat for 3-4 minutes or until slightly softened. On completion, place in a clean kitchen towel and squeeze out as much liquid as you can. In a bowl, combine 3 eggs and 150ml of milk or water. Add the cauliflower rice, the remaining flour, baking powder, grated cheese, ½ the chopped thyme and a pinch of salt. Using your hands or a wooden spoon, mix until the dough is sticky and combined. On completion, place the dough in a greased loaf or cake tin and bake for 45-50 minutes, or until a skewer comes out clean.

**2. PORK PARTY** When the cauli bread is halfway, pat the pork dry with paper towel and season. Place a nonstick pan over a medium-high heat with a drizzle of oil. When hot, fry the pork for 4-6 minutes per side (this time may vary depending on the thickness of the pork) until cooked through and golden. Remove from the pan on completion and allow to rest for 5 minutes. Season to taste.

**3. GRAVY** Dilute the stock with 150ml of boiling water. Place the reserved flour in a small bowl and gradually mix in 15ml of the diluted stock until a runny paste forms - this is called a slurry! Return the pan to a medium heat with a drizzle of oil. When hot, add the grated garlic and the remaining thyme and fry for 30-60 seconds, until fragrant, shifting constantly. Pour in the diluted stock and the slurry. Leave to simmer for 2-4 minutes, until slightly reduced and thickening. Season to taste.

**4. SALAD MOMENT** In a bowl, combine the sliced green beans, the rinsed salad leaves, the balsamic vinegar (to taste), a drizzle of oil, and seasoning.

**5. LET'S EAT!** Slice up the cauli bread (we recommend smearing it with some butter!) Side with the pork and drizzle over the gravy. Serve the green bean salad on the side. Dunk a slice of cauli bread into the gravy and dig into the rest of the deliciousness!

## Nutritional Information

Per 100g

Energy	720kj
Energy	172Kcal
Protein	9.4g
Carbs	17g
of which sugars	1.8g
Fibre	1.6g
Fat	7.5g
of which saturated	3.1g
Sodium	7mg

## Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook  
within 2  
Days