



UCCOOK

Pork Neck & Sweetcorn Salsa

with charred cauliflower, sun-dried tomatoes & Danish-style feta

A charred corn & cauliflower salad, served with tangy pops of sun-dried tomatoes & fiery chilli, lies next to juicy pork slices with scatterings of creamy feta and toasted seeds. Time to take a forward step and get into the salsa rhythm, Chef!


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

Fan Faves

 Waterford Estate | Waterford Old Vine Chenin Blanc

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Ingredients & Prep

10g	Pumpkin Seeds
150g	Cauliflower Florets <i>cut into bite-sized pieces</i>
40g	Corn
1	Fresh Chilli <i>rinse, trim, deseed & roughly slice</i>
10ml	Lemon Juice
3g	Fresh Coriander <i>rinse, pick & finely chop</i>
25g	Sun-dried Tomatoes <i>roughly chop</i>
160g	Pork Neck Steak
10ml	NOMU Mexican Spice Blend
20g	Salad Leaves <i>rinse</i>
30g	Danish-style Feta <i>drain</i>

From Your Kitchen

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

1. POP THE PUMPKIN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast until golden brown, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. CHARRED CAULI & CORN Place a deep pan over medium high heat with a drizzle of oil. When hot, fry the cauliflower pieces and the corn until charred, 4-6 minutes (shifting occasionally). Remove from the pan.

3. BOWL THEM OVER In a bowl, combine the sliced chilli (to taste), the charred cauli & corn, the lemon juice, ½ the chopped coriander, the chopped sun-dried tomatoes, a drizzle of olive oil, and seasoning. Set aside.

4. GOLDEN PORK IN A PAN 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 NOMU spice blend. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. DINNER? DONE! Plate up the rinsed leaves, top with the loaded cauli & corn, and crumble over the drained feta. Scatter over the remaining coriander and the toasted pumpkin seeds. Serve with the pork slices on the side.

Nutritional Information

Per 100g

Energy	1038kJ
Energy	248kcal
Protein	6.1g
Carbs	6g
of which sugars	2.8g
Fibre	1.7g
Fat	21.6g
of which saturated	8g
Sodium	178mg

Allergens

Allium, Sulphites, Cow's Milk

Eat
Within
2 Days