

UCCOOK

Pork Neck & Kewpie Mayo Dressing

with roasted beetroot & piquanté peppers

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Carb Conscious: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Creation Wines | Creation Syrah Grenache

Nutritional Info

| | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 960kJ | 5977kJ |
| Energy | 230kcal | 1430kcal |
| Protein | 3.9g | 24.2g |
| Carbs | 6g | 36g |
| of which sugars | 1.6g | 10g |
| Fibre | 2.8g | 17.7g |
| Fat | 20.7g | 128.9g |
| of which saturated | 5.1g | 31.7g |
| Sodium | 186mg | 1159mg |

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|--|
| 120g | 160g | Peas |
| 2 | 2 | Guacamole |
| 60g | 80g | Piquanté Peppers <i>drain</i> |
| 90ml | 125ml | Kewpie Mayo |
| 60g | 80g | Salad Leaves <i>rinse & roughly shred</i> |
| 15ml | 20ml | NOMU One For All Rub |
| 480g | 640g | Pork Neck Steak |
| 600g | 800g | Beetroot <i>rinse, trim, peel (optional) & cut into bite-sized pieces</i> |

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Butter

Egg/s (optional)

Seasoning (salt & pepper)

1. GOLDEN BEET Boil the kettle and preheat the oven to 200°C. Spread the beetroot on a roasting tray. Coat in oil and season. Roast in the hot oven until crispy, 35-40 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. KEWPIE DRESSING In a bowl, add the Kewpie mayo and water in 5ml increments until a drizzling consistency. In a separate bowl, submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

3. ORIENTAL-SPICED PORK 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 rub. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

4. OPTIONAL EGG Bring a pot of water to the boil for 3 [4] eggs (optional). When the water is boiling, cook the eggs for 6-8 minutes for medium, 6 minutes for medium-soft, and 8-10 minutes for medium-hard. Drain and submerge in cold water. Peel and slice in half before serving. Season.

5. BRING IT ALL TOGETHER Make a bed of the salad leaves. Top with the roasted beetroot, the peas, the egg (optional), and the pork slices. Garnish with the piquanté peppers. Dollop over the guacamole and drizzle over the Kewpie mayo. Enjoy!