



# UCOOK

## Pork Rump & Gravy

with roasted carrot wedges & baby potatoes

Satisfying winter food needs to tick a few boxes. A dish should be satisfying, rich, and comforting. This recipe does all three, with oven-roasted carrots & baby potatoes and a juicy pork rump smothered in a delicious garlic-based gravy sauce.

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**Hands-on Time:** 15 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** UCOOK

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 **\*NEW Simple & Save**

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 **Strandveld | First Sighting Shiraz**

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## Ingredients & Prep

240g	Carrot <i>trimmed, peeled &amp; cut into wedges</i>
200g	Baby Potatoes <i>rinsed &amp; halved</i>
10ml	Gravy Mix <i>(5ml Cornflour &amp; 5ml Vegetable Stock)</i>
150g	Pork Rump
1	Garlic Clove <i>peeled &amp; grated</i>

## From Your Kitchen

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

**1. OVEN ROAST** Preheat the oven to 200°C. Spread the carrot wedges & halved baby potatoes on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

**2. SOME PREP** Boil the kettle. Dilute the gravy mix with 100ml of boiling water.

**3. PORK RUMP** When the roast has 10-15 minutes to go, place a pan over medium-high heat with a drizzle of oil. Pat the pork rump dry with paper towel and coat in seasoning. When the pan is hot, sear the steak, fat-side down until crispy and cooked through (this time frame may depend on the thickness of the steak), 2-3 minutes per side. Remove from the pan and rest for 5 minutes before slicing, and seasoning.

**4. GRAVY** Return the pan to medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the grated garlic until fragrant, 30-60 seconds (shifting occasionally). Pour in the diluted gravy mix. Simmer until thickened, 1-3 minutes.

**5. PLATE UP** Plate up the roasted carrots & baby potatoes, side with the pork slices, and pour the gravy over the pork. Easy, Chef!



## Chef's Tip

Air fryer method: Coat the carrot wedges and halved baby potatoes in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

## Nutritional Information

Per 100g

Energy	446kJ
Energy	107kcal
Protein	5.4g
Carbs	10g
of which sugars	2.6g
Fibre	1.6g
Fat	4.5g
of which saturated	1.6g
Sodium	127mg

## Allergens

Allium, Sulphites

Cook  
within 2  
Days