

# QCOOK

## Pork Steak & Creamy Thyme Sauce

with creamy polenta and baby marrow salad

**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Ethan Shahim

**Wine Pairing:** Delheim Wines | Delheim Staying Alive Riesling

### Nutritional Info

	Per 100g	Per Portion
Energy	972kj	5710kj
Energy	232kcal	1366kcal
Protein	4.4g	25.8g
Carbs	12g	68g
of which sugars	2.4g	13.9g
Fibre	1.1g	6.6g
Fat	18.4g	108.2g
of which saturated	7.4g	43.5g
Sodium	62mg	366mg

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** None

Eat Within 2 Days



## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
20ml	40ml	Red Wine Vinegar
100g	200g	Baby Marrow <i>rinse, trim &amp; peel into ribbons</i>
160g	320g	Pork Neck Steak
1	1	Onion <i>peel &amp; roughly dice ½ [1]</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
3g	5g	Fresh Thyme <i>rinse, pick &amp; finely chop</i>
60ml	125ml	Fresh Cream
15ml	30ml	Dijon Mix <i>(7,5ml [15ml] Worcestershire Sauce &amp; 7,5ml [15ml] Dijon Mustard)</i>
75ml	150ml	Polenta
20g	40g	Salad Leaves <i>rinse</i>
3g	5g	Fresh Chives <i>rinse &amp; finely chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Butter (optional)  
Sugar/Sweetener/Honey  
Paper Towel  
Milk (optional)

**1. PICKLING MOMENT** In a bowl, add the vinegar, 10ml [20ml] of sweetener, a generous drizzle of olive oil and mix to emulsify. Add the baby marrow, toss to combine and season. Set aside in the fridge.

**2. FRY TIME** 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, 3-5 minutes per side. Remove from pan, slice and set aside.

**3. SAUCY STEP** Return pan to medium heat with a drizzle of oil and a knob of butter (optional). Fry the onion until caramelised, 8-10 minutes (shifting occasionally). Add the garlic and thyme and fry until fragrant, 1-2 minutes. Mix in the sliced pork, cream, dijon mix, and a splash of water. Simmer until slightly thickening, 3-5 minutes. Remove from the heat and season. Reheat just before serving if it gets cold.

**4. WHISK AWAY** Bring a pot with 350ml [700ml] of water to a boil. Slowly whisk in the polenta until there are no lumps. Reduce the heat and cook until the polenta is soft and creamy, 5-8 minutes (whisking often). Remove the pot from the heat and stir through a knob of butter and season. Loosen with milk or warm water if it's too thick just before serving.

**5. JUST BEFORE SERVING** Add the salad leaves to the baby marrow and toss to combine.

**6. PLATE IT UP** Make a bed of the polenta, top with the creamy pork and serve alongside the baby marrow salad. Garnish with the chives and cheers, Chef!