

UCCOOK

Peppercorn Pork Neck

with rosemary roast butternut & a sun-dried tomato salad

Hands-on Time: 20 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Ella Nasser

Wine Pairing: Groote Post Winery | Groote Post Pinch of Salt Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	1022kj	5561kj
Energy	245kcal	1330kcal
Protein	5.5g	30.2g
Carbs	8g	44g
of which sugars	2.8g	15.4g
Fibre	1.6g	8.7g
Fat	21.5g	117.1g
of which saturated	7.7g	41.9g
Sodium	92mg	502mg

Allergens: Sulphites, Egg, Tree Nuts, Cow's Milk, Allium

Spice Level: Mild

Eat Within 2 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Butternut <i>peel & cut into bite-sized pieces</i>
3g	5g	Fresh Rosemary <i>rinse</i>
10g	20g	Pecan Nuts <i>roughly chop</i>
10ml	20ml	Cabernet Sauvignon Balsamic Vinegar
5ml	10ml	Beef Stock
160g	320g	Pork Neck Steak
1	2	Garlic Clove/s <i>peel & grate</i>
5ml	10ml	Crushed Black Peppercorns
30ml	60ml	Crème Fraîche
20g	40g	Salad Leaves <i>rinse</i>
20g	40g	Italian-style Hard Cheese <i>peel into ribbons</i>
30g	60g	Sun-dried Tomatoes <i>drain & roughly chop</i>

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Sugar/Sweetener/Honey
Paper Towel
Butter (optional)

1. **BRING ON THE BUTTERNUT** Preheat the oven to 200°C. Spread the butternut and the rosemary on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 30-35 minutes (shifting halfway).

2. **POPPIN' PECANS!** Place the pecans in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. **WINE O'CLOCK** Boil the kettle. Place the cab sauv vinegar and 1 [2] tbsp of olive oil in a bowl. Mix in 1 [2] tsp of sweetener until mostly dissolved and season. Dilute the stock with 60ml [80ml] of boiling water. Set the dressing and the diluted stock aside.

4. **PERFECTLY SEARED PORK** When the butternut reaches the halfway mark, return the pan to 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. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. **SAUCE & SALAD** Return the pan, wiped down, to medium heat with a drizzle of oil or a knob of butter (optional). When hot, sauté the garlic and the crushed black pepper (to taste) until fragrant, 30-60 seconds. Stir in the diluted stock and simmer until slightly reduced, 2-3 minutes. Remove from the heat, whisk in the crème fraîche, and season. Loosen the sauce with a splash of water if it's too thick. Toss together the salad leaves, the cheese ribbons, the sun-dried tomatoes, and the cab sav dressing.

6. **ET VOILÀ!** Dish up the pork and drizzle over the creamy black pepper sauce. Place the butternut and the dressed salad on the side. Sprinkle over the pecan nuts. You just can't beat the classics!

Chef's Tip To make the salad dressing, place the ingredients in a clean jar, close the lid tightly, and shake, shake, shake! Using a jar emulsifies the dressing much better than just mixing it in a bowl.