



UCCOOK

Chargrilled Corn & Tex-Mex Style Pork

with herby crème fraîche & a baby tomato salsa

Hands-on Time: 25 minutes

Overall Time: 35 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	412kj	2060kj
Energy	99kcal	493kcal
Protein	8g	40.2g
Carbs	5g	27g
of which sugars	2g	12g
Fibre	1g	5g
Fat	4.8g	23.9g
of which saturated	2.6g	12.8g
Sodium	82.4mg	411.5mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Hot

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

1	2	Corn on the Cob/s <i>remove silks & cut into thirds</i>
150g	300g	Pork Fillet
7.5ml	15ml	Old Stone Mill Mexican Spice
80g	160g	Baby Tomatoes <i>rinse & cut into quarters</i>
100g	200g	Cucumber <i>rinse & cut into half-moons</i>
15ml	30ml	Lime Juice
3g	5g	Fresh Coriander <i>rinse, pick & finely chop</i>
50ml	100ml	Crème Fraîche
15g	30g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>

From Your Kitchen

Seasoning (salt & pepper)

Water

Paper Towel

Cooking Spray

1. CORN Place a pan (that has a lid) over medium heat with enough water to cover the base. Add the corn and bring to a simmer. Once simmering, cover and cook until all the water has evaporated, 8-10 minutes. Lightly spray with cooking spray and fry until lightly charred, 3-4 minutes (turning as it colours). Remove from the pan and set aside. Alternatively, air fry at 200°C until tender and lightly golden, 12-15 minutes (shifting halfway).

2. PORK FILLET Place a pan (that has a lid) over medium heat, and lightly add cooking spray. Pat the pork dry with paper towel. When hot, sear the pork until browned, 3-4 minutes on one side. Flip, cover with the lid, lower the heat, and fry until cooked through, 6-8 minutes. During the final 1-2 minutes, spice the pork with the Mexican spice. Remove from the pan and rest for 5 minutes before slicing and seasoning.

3. SOME FRESHNESS In a bowl, combine the tomatoes, the cucumber, the lime juice (to taste), ½ the coriander, and seasoning. In a small bowl, combine the crème fraîche with the remaining coriander.

4. DINNER IS READY Smear the corn with the herby crème fraîche, sprinkle over the jalapeños (to taste), serve alongside the pork slices, and the tomato salsa. Well done, Chef!

Chef's Tip To achieve perfectly charred and smoky corn on the cob, place the corn directly on a hot grill, turning every 2-3 minutes, until the kernels are charred evenly, 8-10 minutes.