



Eat Within 2 Days

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	432kJ	1983kJ
Energy	103kcal	474kcal
Protein	8.5g	38.9g
Carbs	5g	22g
of which sugars	2g	8g
Fibre	1g	4g
Fat	5g	23g
of which saturated	2.7g	12.6g
Sodium	86.9mg	399.5mg

Allergens: Cow's Milk, Allium, Sulphites

Spice Level: Hot

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50g	100g	Corn
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 over medium-high heat and lightly add cooking spray. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. PORK FILLET Place a pan (that has a lid) over medium heat, 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 charred corn with crème fraîche and the remaining coriander.

4. DINNER IS READY Serve the pork slices with the tomato salsa alongside. Dollop over the creamy corn and sprinkle over the jalapeños (to taste). Well done, Chef!