



UCCOOK

Pork Chop & Asian Apricot Sauce

with smashed baby potatoes

Put your phone on silent, turn up your favourite background music, and set the table so that nothing distracts you from this memorable meal experience, Chef! Crispy oven-roasted smashed potatoes share a plate with a perfectly cooked pork chop glistening with an apricot infused sesame-soy sauce. Sided with a pickled cucumber salad.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jason Johnson

Fan Faves

KWV - The Mentors | KWV The Mentors
Chenin Blanc 2021

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Ingredients & Prep

200g	Baby Potatoes <i>rinse</i>
20g	Dried Apricots
100g	Cucumber <i>rinse & cut into rounds</i>
10ml	Rice Wine Vinegar
2,5ml	Dried Chilli Flakes
10ml	White Sesame Seeds
30ml	Sesame-Soy Sauce <i>(20ml Low Sodium Soy Sauce & 10ml Sesame Oil)</i>
10ml	Apricot Jam
220g	Pork Loin Chop

From Your Kitchen

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

1. PARBOILED POTATOES Preheat the oven to 200°C. Place the rinsed baby potatoes in a pot of salted water. Bring to a boil and cook until soft, 15-20 minutes. Drain, season, and set aside.

2. AND ON TO THE APRICOTS Boil the kettle. Place the apricots in a bowl and submerge in 125ml of boiling water. Set aside.

3. PICKLED... In a bowl, combine the rice wine vinegar, 1 tbsp of sweetener (to taste), 1 tbsp of water, and the chilli flakes (to taste). Mix until fully combined. Toss through the cucumber rounds and set aside.

4. TOASTY Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

5. SMASHED POTATOES Spread the parboiled potatoes on a lightly greased roasting tray. Using a fork, gently press down, splitting the skin, but keeping them in one piece. Drizzle with oil and season. Roast in the hot oven until crispy, 15-20 minutes.

6. SESAME-SOY APRICOTS Drain the apricots, reserving the water, and finely chop. Return the pan to medium heat with a drizzle of oil or a knob of butter (optional). When hot, fry the chopped apricots, 1-2 minutes (shifting constantly). Stir in the sesame-soy sauce, the jam, and the reserved apricot water. Once simmering, allow to reduce until the sauce is sticky and the apricots are soft, 8-10 minutes. Season, remove from the heat, and cover.

7. PERFECT PORK Pat the pork chop dry with paper towel. Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat to prevent the meat from buckling during frying. Coat in oil and season. Place a pan over medium-high heat. When hot, sear the pork chop, fat-side down, until the fat is rendered and crispy, 3-5 minutes. Fry the pork chop until cooked through, 3-4 minutes per side. In the final 1-2 minutes, baste with a knob of butter.

8. A TASTE TO REMEMBER Dish up the smashed potatoes and serve the crispy pork alongside. Drizzle with the sticky apricot sauce, scatter over the sesame seeds, and side with the cucumber salad.



Chef's Tip

Air fryer method: Place the parboiled potatoes in the air fryer tray. Press with a fork, splitting the skin, but keeping them intact. Drizzle with oil and season. Air fry at 200°C until crispy, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	555kJ
Energy	133kcal
Protein	9.1g
Carbs	10g
of which sugars	3.6g
Fibre	1g
Fat	5.4g
of which saturated	1.4g
Sodium	148mg

Allergens

Gluten, Sesame, Wheat, Sulphites, Soy

Eat
Within
2 Days