

# U COOK

## Gem Squash & Cranberry Pork Medley

with dried cranberries & walnuts

**Hands-on Time:** 20 minutes

**Overall Time:** 40 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Doos Wine | Doos Dry White 3L

Nutritional Info	Per 100g	Per Portion
Energy	450kJ	3126kJ
Energy	108kcal	748kcal
Protein	7.3g	50.9g
Carbs	7g	52g
of which sugars	3.5g	24.5g
Fibre	1.9g	13.3g
Fat	4.4g	30.9g
of which saturated	1.1g	7.5g
Sodium	61mg	422mg

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

Eat Within 2 Days

**Spice Level:** None



## Ingredients & Prep Actions:

Serves 1	Serves 2	
1	2	Gem Squash <i>rinse, halve, deseed &amp; cut into wedges</i>
15g	30g	Walnuts <i>roughly chop</i>
220g	440g	Pork Loin Chop/s
10ml	20ml	NOMU One For All Rub
15ml	30ml	Mustard Dressing <i>(5ml [10ml] Wholegrain Mustard &amp; 10ml [20ml] Red Wine Vinegar)</i>
20g	40g	Salad Leaves <i>rinse &amp; roughly shred</i>
1	2	Apple/s <i>rinse, peel, core &amp; roughly dice</i>
15g	30g	Dried Cranberries

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Sugar/Sweetener/Honey

Paper Towel

Butter

**1. ROAST** Preheat the oven to 200°C. Place the gem squash on a roasting tray. Lightly drizzle with oil and season. Roast in the hot oven until soft, 25-30 minutes. Alternatively, air fry at 200°C until crispy, 20-25 minutes.

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

**3. PERFECT PORK** Pat the pork chop/s 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. Return the pan to medium-high heat. Sear the pork chop/s, fat-side down, until the fat is rendered and crispy, for 3-5 minutes. Then, fry until cooked through, for 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan, season, and rest for 5 minutes.

**4. SALAD** In a salad bowl, combine the mustard dressing, a drizzle of olive oil, and sweetener (to taste). Mix to emulsify. Add the salad leaves, apple/s, and the nuts, toss to combine, and season.

**5. DINNER IS READY** Dish up the gem squash, the juicy pork chop/s, and the loaded salad. Scatter the dried cranberries over the pork. Well done, Chef!

**Chef's Tip** To make the salad dressing, place the ingredients in a clean jar, close the lid up tight, and shake. Using a jar emulsifies the dressing much more successfully than just mixing it in a bowl.