



UCCOOK

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|---|
| 1 | 2 | Gem Squash <i>rinse, halve, deseed & 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 & 10ml [20ml] Red Wine Vinegar]</i> |
| 20g | 40g | Salad Leaves <i>rinse & roughly shred</i> |
| 1 | 2 | Apple/s <i>rinse, peel, core & 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.