



UCCOOK

Pork Rump & Cheesy Garlic Bread

with a sun-dried tomato & Italian-style cheese salad

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Fan Faves: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Niriða | Sauvignon Blanc

| Nutritional Info | Per 100g | Per Portion |
|--------------------|-----------|-------------|
| Energy | 812.2kJ | 4232.4kJ |
| Energy | 194.2kcal | 1012kcal |
| Protein | 14.4g | 74.9g |
| Carbs | 18.1g | 94.5g |
| of which sugars | 3.6g | 18.6g |
| Fibre | 1.3g | 6.7g |
| Fat | 7.8g | 40.4g |
| of which saturated | 3.1g | 15.9g |
| Sodium | 313.5mg | 1633.8mg |

Allergens: Sulphites, Egg, Gluten, Tree Nuts, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

| Serves 3 | [Serves 4] | |
|----------|------------|---|
| 30g | 40g | Almonds <i>roughly chop</i> |
| 30ml | 40ml | Cake Flour |
| 300ml | 400ml | Low Fat UHT Milk |
| 120g | 160g | Cheddar Cheese <i>grate</i> |
| 3 | 4 | Garlic Cloves <i>peel & grate</i> |
| 8g | 10g | Fresh Chives <i>rinse & roughly chop</i> |
| 3 | 4 | Sourdough Baguettes |
| 60g | 80g | Salad Leaves <i>rinse</i> |
| 60g | 80g | Sun-dried Tomatoes <i>roughly chop</i> |
| 90g | 120g | Italian-style Hard Cheese <i>peel into ribbons</i> |
| 450g | 600g | Pork Rump |
| 15ml | 20ml | NOMU BBQ Rub |

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Milk (optional)
Paper Towel
Butter

1. THE CRUNCH FACTOR Preheat the oven to 200°C. Place the almonds in a pot over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pot and set aside.

2. CHEESY-CHIVE BECHAMEL Return the pot to medium heat with 30g [40g] of butter. Once melted, vigorously mix in the flour to form a roux. Cook out the flour, 1-2 minutes (stirring constantly). Slowly whisk in the milk. Once the milk is incorporated, add the cheese, garlic (to taste), ½ the chives and stir until melted. Season and remove from the heat. Add a splash of water or milk (optional) if the sauce is too thick.

3. BEAUTIFUL BAGUETTE Cut 4-5 incisions along the top of the baguettes - don't cut all the way through! Fill each incision with ½ the cheesy garlic mixture. Place the baguettes on a roasting tray and into the oven. Place an oven-proof dish with water onto the oven floor. Bake until light brown and crispy, 10-12 minutes. Top up with the remaining cheese sauce (to taste) before serving.

4. CHEESE & TOMATO SALAD In a salad bowl, combine the green leaves with the sun-dried tomatoes, cheese, nuts, a drizzle of olive oil and seasoning. Toss and set aside.

5. PERFECT PORK Place a pan over medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork, fat-side down, until crispy, 3-5 minutes. Flip the pork onto its side and sear until browned, 3-5 minutes per side. In the final 1-2 minutes, baste with a knob of butter and the NOMU rub. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

6. FIVE STARS, CHEF! Plate up the cheesy garlic bread and serve the pork slices and dressed salad alongside.