

# UCCOOK

## Tender Pork & Brown Rice Bowl

with lemon yoghurt

A generous portion of brown rice is loaded with silky, sweet onion, cooling cucumber, fresh herbs & baby marrow rounds. This shares a plate with NOMU One For All Rub-spiced pork and drizzles of zesty yoghurt.

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**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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\*New Calorie Conscious

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## Ingredients & Prep

|       |                                                                                           |
|-------|-------------------------------------------------------------------------------------------|
| 150ml | Brown Rice<br><i>rinse</i>                                                                |
| 2     | Onions<br><i>peel &amp; finely slice</i>                                                  |
| 450g  | Baby Marrow<br><i>rinse, trim &amp; cut into<br/>1cm thick rounds on the<br/>diagonal</i> |
| 125ml | Low Fat Plain Yoghurt                                                                     |
| 30ml  | Lemon Juice                                                                               |
| 16g   | Mixed Herbs<br><i>(8g Fresh Coriander &amp; 8g<br/>Fresh Mint)</i>                        |
| 300g  | Cucumber<br><i>rinse &amp; roughly dice</i>                                               |
| 450g  | Pork Rump                                                                                 |
| 30ml  | NOMU One For All Rub                                                                      |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel

**1. READY THE RICE** Boil the kettle. Place the rinsed rice in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

**2. SWEET, SILKY ONION** Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion until caramelised, 12-15 minutes (shifting occasionally). Remove from the pan, season, and cover.

**3. BABY MARROWS** Return the pan to medium heat with a drizzle of oil. When hot, fry the baby marrow rounds until charred, 3-4 minutes. Remove from the pan, season and add to the bowl of caramelised onions.

**4. ZESTY YOGHURT & HERBS** In a small bowl, combine the yoghurt with the lemon juice (to taste) and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside. Rinse, pick and finely chop the mixed herbs. Set aside.



## Chef's Tip

Air fryer method: Coat the baby marrow pieces in oil and season. Air fry at 200°C until cooked through, 10-15 minutes (shifting halfway).

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 307kJ  |
| Energy             | 73kcal |
| Protein            | 6.6g   |
| Carbs              | 9g     |
| of which sugars    | 2g     |
| Fibre              | 1g     |
| Fat                | 1.2g   |
| of which saturated | 0.3g   |
| Sodium             | 78mg   |

## Allergens

Cow's Milk, Allium

Eat  
Within  
2 Days