



UCCOOK

Spiced Moroccan Pork & Couscous

with chickpeas & peppers

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Neil Ellis Wines | Neil Ellis Wild Flower Rosé

Nutritional Info	Per 100g	Per Portion
Energy	438kj	3242kj
Energy	105kcal	775kcal
Protein	8g	58.9g
Carbs	11g	84g
of which sugars	2.3g	17.1g
Fibre	2.4g	17.7g
Fat	2.6g	19g
of which saturated	1.1g	8.2g
Sodium	142.8mg	1057mg

Allergens: Cow's Milk, Gluten, Allium, Sesame, Wheat, Sulphites

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Couscous
75g	75g	Julienne Carrots
50g	100g	Cucumber <i>rinse & roughly dice</i>
30g	60g	Danish-style Feta <i>drain</i>
60g	120g	Chickpeas <i>drain & rinse</i>
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into bite-sized pieces</i>
10ml	20ml	Lemon Juice
150g	300g	Pork Schnitzel (without crumb)
10ml	20ml	NOMU Moroccan Rub
40ml	80ml	Red Pepper Hummus

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. LOADED COUSCOUS Boil the kettle. Place the couscous in a bowl with 75ml [150ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

2. CRISPY CHICKPEAS Place a pan (with a lid) over medium-high heat with a drizzle of oil. When hot, toast the chickpeas until golden and crispy, 6-8 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. At the halfway mark, add the pepper. Fry until lightly charred, for the remaining time. Add the carrots, the cucumber, the feta, the chickpeas and pepper, the lemon juice, and the seasoning to the couscous.

3. NOMU-SPICED 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 until browned, 30-60 seconds per side. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, slice into strips, and season.

4. DINNER IS DONE Plate up the loaded couscous salad. Top with the spiced pork. Dollop over the hummus.