



UCCOOK

Greek Pork Buddah Bowl

with a tomato & onion salsa

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Calorie Conscious: Serves 3 & 4

Chef: Jenna Peoples

Nutritional Info

	Per 100g	Per Portion
Energy	249kJ	1923kJ
Energy	60kcal	460kcal
Protein	6.3g	48.6g
Carbs	5g	37g
of which sugars	2g	14g
Fibre	1g	10g
Fat	1.5g	11.3g
of which saturated	0.4g	2.9g
Sodium	311mg	2402mg

Allergens: Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
2	2	Tomatoes <i>rinse & roughly dice</i>
300g	400g	Cucumber <i>rinse & roughly dice</i>
1	1	Onion <i>peel & finely dice $\frac{3}{4}$ [1]</i>
90ml	120ml	Ina Paarman Greek Dressing
8g	10g	Fresh Coriander <i>rinse, pick & finely chop</i>
125ml	160ml	Low Fat Plain Yoghurt
450g	600g	Broccoli Florets <i>rinse & cut into bite-sized chunks</i>
450g	600g	Pork Rump
15ml	20ml	Greek Seasoning
60g	80g	Green Leaves <i>rinse & roughly shred</i>

From Your Kitchen

Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Water

Paper Towel

1. PREP STEP In a bowl, combine the tomato, cucumber, onion, Greek dressing and seasoning. Set aside. In a separate bowl, combine $\frac{1}{2}$ the coriander and the yoghurt. Season and set aside.

2. BEGIN THE BROCCOLI Place a pot (with a lid) over medium heat with $\pm$ 3cm of salted water. Once simmering, add the broccoli. Place the lid on the pot and allow the broccoli to steam until al dente, 3-4 minutes. Drain any excess water from the pot, place the lid back on and set aside.

3. GREEK-SPICED PORK Pat the pork dry with paper towel, cut into bite-sized chunks, coat with the Greek seasoning, and cooking spray or a drizzle of oil (optional). Return the pan to medium heat and fry the meat until cooked through, 5-6 minutes (shifting as it browns). Remove from the heat.

4. GORGEOUS! Plate up your dinner buddha bowl style, starting with a bed of green leaves. Top with the tomato salsa, broccoli and pork chunks. Dollop over the coriander yoghurt, using the remaining coriander for garnishing. Dig in, Chef!