



UCOOK

Creamy Pork Kassler & Jasmine Rice

with spinach & artichokes

Sometimes your taste buds have high demands but your creativity feels low. Don't worry, Chef, we have the solution for you! An innovative combination of pork & rice... and everything nice, from the artichoke hearts, earthy spinach, cheese sauce, & fresh parsley for garnish.

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Hellen Mwanza

Quick & Easy

Bertha Wines | Bertha Shiraz 2021

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Ingredients & Prep

100ml	Jasmine Rice <i>rinse</i>
180g	Pork Kassler Chunks
5ml	Garlic Powder
40g	Artichoke Hearts
50g	Spinach <i>rinse</i>
50ml	Fresh Cream
30ml	Grated Italian-style Hard Cheese
5ml	Dried Chilli Flakes
3g	Fresh Parsley <i>rinse & pick</i>

From Your Kitchen

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

1. FLUFFY RICE Place the rinsed rice in a pot with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. CRISPY KASSLER Place a pan over high heat with a drizzle of oil. When hot, fry the kassler chunks until crispy, 3-4 minutes (shifting occasionally). Remove from the pan (reserving any rendered fat) and set aside. Reduce the heat, and add the garlic powder, the artichokes, the rinsed spinach, 60ml of warm water, and stir through the cream, and ½ the cheese. Simmer until slightly thickened, 4-5 minutes. Season.

3. CREAMY & DREAMY Make a bed of the fluffy rice, and top with the kassler chunks. Spoon over the creamy sauce, and garnish with the chilli flakes, the picked parsley, and the remaining cheese. Enjoy.

Nutritional Information

Per 100g

Energy	865kj
Energy	207kcal
Protein	10.2g
Carbs	18g
of which sugars	0.7g
Fibre	1.1g
Fat	10g
of which saturated	5g
Sodium	603.5mg

Allergens

Egg, Allium, Sulphites, Cow's Milk

Eat
Within
4 Days