



UCCOOK

Tender Pork & Brown Rice Bowl

with lemon yoghurt

Hands-on Time: 20 minutes

Overall Time: 30 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Megan Bure

Nutritional Info	Per 100g	Per Portion
Energy	311kj	2060kj
Energy	74kcal	493kcal
Protein	6.7g	44.4g
Carbs	9g	57g
of which sugars	2g	13g
Fibre	1g	7g
Fat	1.3g	8.3g
of which saturated	0.4g	2.5g
Sodium	49.3mg	327.1mg

Allergens: Cow's Milk, Allium

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50ml	100ml	Brown Rice <i>rinse</i>
1	1	Onion <i>peel & finely slice</i>
150g	300g	Baby Marrow <i>rinse, trim & cut into 1cm thick rounds on the diagonal</i>
40ml	80ml	Low Fat Plain Yoghurt
10ml	20ml	Lemon Juice
6g	10g	Mixed Herbs <i>(3g [5g] Fresh Coriander & 3g [5g] Fresh Mint)</i>
100g	200g	Cucumber <i>rinse & roughly dice</i>
150g	300g	Pork Fillet
7.5ml	15ml	NOMU One For All Rub

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Paper Towel

Seasoning (salt & pepper)

1. **READY THE RICE** Boil the kettle. Place the rice in a pot with 200ml [400ml] 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 onion until caramelised, 8-10 minutes (shifting occasionally). Remove from the pan, season, and cover.

3. **BABY MARROWS** Return the pan to medium heat with a drizzle of oil. Fry the baby marrow 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.

5. **ADD MORE FLAVOUR** When the rice is done, toss through the cucumber, $\frac{3}{4}$ of the mixed herbs, the onions and baby marrow and seasoning. Set aside.

6. **PERFECT PORK** Place a clean pan (that has a lid) over medium heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 3-4 minutes on one side. Flip, cover with the lid, lower the heat, and fry until cooked through, 6-8 minutes. During the final 1-2 minutes, spice with the NOMU rub. Remove from the pan and rest for 5 minutes before slicing and seasoning.

7. **DELISH DINNER** Plate up the loaded rice and serve the pork alongside. Drizzle with the lemon yoghurt and garnish with the remaining herbs.