

# QCOOK

## Basmati Rice & Herby Pork

with sweet piquanté peppers

**Hands-on Time:** 40 minutes

**Overall Time:** 50 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Jade Summers

**Wine Pairing:** Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

### Nutritional Info

	Per 100g	Per Portion
Energy	504kj	2684kj
Energy	121kcal	642kcal
Protein	8.9g	47.2g
Carbs	17g	90g
of which sugars	3.4g	18.1g
Fibre	1.6g	8.6g
Fat	1.8g	9.7g
of which saturated	0.7g	3.7g
Sodium	108mg	575mg

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

**Spice Level:** Mild

Eat Within 2 Days



## Ingredients & Prep Actions:

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Serves 3	[Serves 4]	
225ml	300ml	White Basmati Rice <i>rinse</i>
2	2	Onions <i>peel &amp; roughly dice 1½ [2]</i>
45ml	60ml	Spiced Flour <i>(30ml [40ml] Cake Flour &amp; 15ml [20ml] Ground Paprika)</i>
300ml	400ml	Low Fat UHT Milk
120g	160g	Peas
450g	600g	Pork Schnitzel (without crumb)
30ml	40ml	NOMU Italian Rub
60g	80g	Piquanté Peppers <i>drain</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel  
Butter

1. **NICE RICE** Place the rice in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. **CREAMY ONION & PEAS** Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 5-6 minutes (shifting occasionally). Add the spiced flour and a generous knob of butter to form the roux. Cook for 1-2 minutes, stirring constantly. Slowly whisk in the milk until the sauce thickens slightly. Add the peas and allow to heat through, 3-4 minutes. If the sauce is too thick for your liking, add an extra splash of water. Remove from the heat and season.

3. **SEAR THE SCHNITZEL** Place a pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel 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, and season. You may need to do this step in batches.

4. **DINNER = DONE** Serve up the steamy rice and top with the sliced pork. Pour over the sauce and scatter over the peppers.