



UCCOOK

Golden Pork & Creamy Mustard Rice

with spinach & sun-dried tomato

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Paul Cluver | Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	825kJ	2506kJ
Energy	197kcal	600kcal
Protein	13.7g	41.6g
Carbs	20g	61g
of which sugars	2.1g	6.3g
Fibre	1.1g	3.3g
Fat	7.6g	23.1g
of which saturated	3.7g	11.4g
Sodium	83mg	253mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	White Basmati Rice <i>rinse</i>
150g	300g	Pork Rump
50ml	100ml	Mustard Crème <i>(45ml [90ml] crème fraîche & 5ml [10ml] Mustard)</i>
20g	40g	Sun-dried Tomatoes <i>roughly chop</i>
20g	40g	Spinach <i>rinse</i>
3g	5g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. READY THE RICE Place the rice in a pot with 150ml [300ml] 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. JUICY PORK RUMP Place a pan over medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork, fat-side down, until crispy, 3-5 minutes. Flip the pork onto its side and sear until browned, 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

3. ADD SOME COLOUR Return the pan, wiped down, to medium heat. Add the sun-dried tomatoes and cook until warmed through, 1-2 minutes. Drain any excess oil and mix in the mustard crème, and 20ml [40ml] of water. Add the spinach and cook until wilted, 1-2 minutes. Loosen with a splash of water if it's too thick. Remove the heat and season.

4. ENJOY, CHEF! Plate up the rice, top with the pork, and the creamy mustard sauce. Garnish with the chives.