



# UCCOOK

## Dried Cranberries & Pork Mince Salad

with apple pieces & creamy mayo

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Simple & Save:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Neil Ellis Wines | Neil Ellis Wild Flower Rosé

### Nutritional Info

	Per 100g	Per Portion
Energy	707kJ	4614kJ
Energy	169kcal	1104kcal
Protein	5.8g	37.8g
Carbs	17g	113g
of which sugars	4.9g	31.8g
Fibre	2.1g	13.9g
Fat	8.4g	55g
of which saturated	2.1g	13.9g
Sodium	95mg	633mg

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

**Spice Level:** Mild

Eat Within 1 Day

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Pork Mince
1	1	Onion <i>peel &amp; roughly dice</i>
15ml	30ml	Curry Powder <i>(10ml [20ml] NOMU Indian Rub &amp; 5ml [10ml] Medium Curry Powder)</i>
75ml	150ml	White Basmati Rice <i>rinse</i>
20g	40g	Cranberry & Nut Mix <i>(10g [20g] Dried Cranberries &amp; 10g [20g] Almonds)</i>
1	2	Fresh Apple/s <i>rinse</i>
60ml	120ml	Creamy Mayo <i>(30ml [60ml] Mayo &amp; 30ml [60ml] Low Fat Plain Yoghurt)</i>
3g	5g	Fresh Chives <i>rinse &amp; finely slice</i>

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

**1. MINCE** Place a pot over medium-high heat with a drizzle of oil. Fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 [4-5] minutes (shifting occasionally).

**2. RICE** Add the onion to the pot and fry until soft, 3-4 minutes. Add the curry powder and fry until fragrant, 1-2 minutes. Mix in the rice and 150ml [300ml] of salted water. Cover 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.

**3. TOAST** Place the cranberry and nut mix in a pan over medium heat. Toast until lightly golden and charred, 1-2 minutes (shifting occasionally). Remove from the pan and set aside.

**4. AN APPLE A DAY** Just before serving, cut the apple into small bite-sized pieces.

**5. TIME TO EAT** Bowl up the curried rice, scatter over the apple pieces, and drizzle over the creamy mayo. Scatter over the toasted cranberry and nut mix, and the chives. Enjoy, Chef!

**Chef's Tip** To stop the sliced apple from browning, place it in a bowl of water with a squeeze of lemon juice.