



# UCCOOK

## Tender Pork & Brown Rice Bowl

with lemon yoghurt

**Hands-on Time:** 35 minutes

**Overall Time:** 45 minutes

**\*New Calorie Conscious:** Serves 3 & 4

**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 3 | [Serves 4] |                                                                                   |
|----------|------------|-----------------------------------------------------------------------------------|
| 150ml    | 200ml      | Brown Rice<br><i>rinse</i>                                                        |
| 2        | 2          | Onions<br><i>peel &amp; finely slice</i>                                          |
| 450g     | 600g       | Baby Marrow<br><i>rinse, trim &amp; cut into 1cm thick rounds on the diagonal</i> |
| 125ml    | 160ml      | Low Fat Plain Yoghurt                                                             |
| 30ml     | 40ml       | Lemon Juice                                                                       |
| 16g      | 20g        | Mixed Herbs<br><i>(8g [10g] Fresh Coriander &amp; 8g [10g] Fresh Mint)</i>        |
| 300g     | 400g       | Cucumber<br><i>rinse &amp; roughly dice</i>                                       |
| 450g     | 600g       | Pork Fillet                                                                       |
| 22.5ml   | 30ml       | 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 600ml [800ml] 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, 12-15 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, 4-5 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.