



# UCOOK

## One-Pot Pork & Rice

with piquanté peppers & fresh chives

If you love cooking up a storm in the kitchen but always try to get out of dishwashing duty, we have the solution for you, Chef! This one-pot wonder is pleasing to the palate while keeping your kitchen pristine. Featuring pea and bell pepper-dotted jasmine rice, browned pork mince & sweet piquanté peppers spiced with NOMU Cajun Rub.

---

**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

---

**Serves:** 1 Person

---

**Chef:** Megan Bure

---

Simple & Save

---

Stettyn Wines | Stettyn Family Range Shiraz

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

1	Onion <i>peel &amp; roughly dice</i>
120g	Carrot <i>rinse, trim, peel &amp; roughly dice</i>
150g	Pork Mince
10ml	NOMU Cajun Rub
100ml	Jasmine Rice <i>rinse</i>
40g	Peas
20g	Piquanté Peppers <i>drain</i>
1	Chicken Stock Sachet
3g	Fresh Chives <i>rinse &amp; finely chop</i>

## From Your Kitchen

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

**1. LOADED PORK MINCE** Boil the kettle. Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onion and carrots until golden, 4-5 minutes (shifting occasionally). Add the mince and NOMU rub and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally).

**2. PEAS & PEPPERS RICE** Add the rinsed rice to the pot along with the peas, ½ the drained peppers, the chicken stock, 200ml of boiling water and seasoning. Cover and cook until the rice is fluffy and the liquid has been absorbed, 15-20 minutes. Remove from the heat, fluff with a fork and rest for a few minutes before serving.

**3. LOOK AT THAT!** Plate up the loaded delicious pork mince and finish with a scattering of the remaining peppers and the chopped chives.

## Nutritional Information

Per 100g

Energy	635kj
Energy	152kcal
Protein	6.1g
Carbs	18g
of which sugars	3.4g
Fibre	1.8g
Fat	5.7g
of which saturated	2g
Sodium	273mg

## Allergens

Allium, Sulphites

Eat  
Within  
1 Day