

UCCOOK

Mediterranean Pork Bowl

with couscous & olives

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	467.3kJ	2492kJ
Energy	111.8kcal	596kcal
Protein	8.7g	46.4g
Carbs	11.6g	61.7g
of which sugars	2.9g	15.2g
Fibre	2.2g	11.8g
Fat	2.8g	14.7g
of which saturated	0.6g	3.3g
Sodium	152.6mg	813.6mg

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

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
30g	40g	Sunflower Seeds
8g	10g	Fresh Oregano <i>rinse & pick</i>
90ml	125ml	Red Pepper Hummus
60g	80g	Pitted Kalamata Olives <i>drain & roughly slice</i>
2	2	Onions <i>peel & cut into thin wedges</i>
360g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
22.5ml	30ml	NOMU Roast Rub
450g	600g	Pork Schnitzel (without crumb)
150ml	200ml	Couscous

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Butter

Paper Towel

1. ROAST Preheat the oven to 200°C. Spread the carrot and onion on a roasting tray. Coat in oil, ½ of the NOMU rub, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. COUSCOUS Boil the kettle. Place the couscous in a bowl with 150ml [200ml] of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

3. TOAST Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. PORK SCHNITZEL Return the pan to medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel, coat with the remaining rub, and season. Fry the pork until browned and cooked through, 30-60 seconds per side. In the final 30 seconds, baste with a knob of butter and remove from the pan. Cut into bite-sized pieces just before serving.

5. JUST BEFORE SERVING In a bowl, combine the couscous, roasted veggies, pork strips, sunflower seeds, olives, ½ of the oregano, a generous drizzle of olive oil, and season.

6. DINNER IS READY Bowl up the loaded couscous, top with dollops of the hummus, and garnish with the remaining oregano. Dig in, Chef!