



# 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:** Muratie Wine Estate | Muratie Isabella Chardonnay

| 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             | 89mg     | 582mg       |

**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<br><i>peel &amp; roughly dice</i>                                                   |
| 15ml     | 30ml       | Curry Powder<br><i>(10ml [20ml] NOMU Indian Rub &amp; 5ml [10ml] Medium Curry Powder)</i> |
| 75ml     | 150ml      | White Basmati Rice<br><i>rinse</i>                                                        |
| 20g      | 40g        | Cranberry & Nut Mix<br><i>(10g [20g] Dried Cranberries &amp; 10g [20g] Almonds)</i>       |
| 1        | 2          | Fresh Apple/s<br><i>rinse</i>                                                             |
| 60ml     | 120ml      | Creamy Mayo<br><i>(30ml [60ml] Mayo &amp; 30ml [60ml] Low Fat Plain Yoghurt)</i>          |
| 3g       | 5g         | Fresh Chives<br><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, and drizzle over the creamy mayo. Scatter over the 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.