



UCOOK

Dried Cranberries & Pork Mince Salad

with apple pieces & creamy mayo

If you think there are 2 types of apples, red and green, think again! Over 7 500 apple varieties are grown around the world. You will be using this tasty topfruit to add a delicious tartness to curry-infused basmati rice, browned pork mince, toasted cranberries & nuts, & browned pork mince. Finished with a fancy sprinkle of chives.

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

Cathedral Cellar Wines | Cathedral Cellar-Chardonnay

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Ingredients & Prep

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

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

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

2. RICE Add the diced 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 rinsed rice and 150ml of salted water. Cover with a lid 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 & 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 & nut mix, and the sliced 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.

Nutritional Information

Per 100g

Energy	707kJ
Energy	169kcal
Protein	5.8g
Carbs	17g
of which sugars	4.9g
Fibre	2.1g
Fat	8.4g
of which saturated	2.1g
Sodium	89mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
1 Day