



UCCOOK

Pork Strips & Baby Marrow

with carrot, spinach & brown basmati rice

Hands-on Time: 30 minutes

Overall Time: 45 minutes

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

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	297kj	2030kj
Energy	71kcal	486kcal
Protein	6.6g	45.3g
Carbs	8g	57g
of which sugars	2g	17g
Fibre	2g	11g
Fat	1g	7.1g
of which saturated	0.3g	1.9g
Sodium	135.4mg	926.6mg

Allergens: Gluten, Allium, Wheat, Sulphites, Sugar
Alcohol (Xylitol), Soy

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
120ml	160ml	Brown Rice <i>rinse</i>
450g	600g	Pork Schnitzel (without crumb)
15ml	20ml	NOMU BBQ Rub
450g	600g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
2	2	Onions <i>peel & finely slice</i>
150ml	200ml	Stir-fry Sauce <i>(120ml [160ml] Carb Smart Sweet Chilli Sauce & 30ml [40ml] Low Sodium Soy Sauce)</i>
300g	400g	Julienne Carrots
120g	160g	Spinach <i>rinse</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>

From Your Kitchen

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

1. RICE Place the rice in a pot with 700ml [900ml] 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. PORK Place a pan or wok over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel, cut into strips, and coat with the NOMU rub. Fry the strips until lightly charred, 30-60 seconds per side. Remove from the pan. You may need to do this step in batches.

3. VEGGIES Return the pan with all the pan juices to medium-high heat. Fry the baby marrow and the onion until lightly golden, 4-5 minutes (shifting occasionally). Mix in the stir-fry sauce, the pork, the julienne carrots, and the spinach. Simmer until the spinach is wilted, 2-3 minutes. Remove from the heat and season.

4. DINNER IS READY Bowl up the rice and top with the stir-fry. Scatter over the chilli (to taste). Enjoy, Chef!

Chef's Tip Don't overcrowd the pan, or the ingredients will steam instead of sear.