



UCCOOK

Savoury Pork & Bean Rice Bowl

with mushrooms & kidney beans

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	568kJ	3476kJ
Energy	136kcal	832kcal
Protein	9g	55.3g
Carbs	17g	103g
of which sugars	2.2g	13.2g
Fibre	2.7g	16.3g
Fat	2.7g	16.2g
of which saturated	1g	6.4g
Sodium	22mg	137mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	White Basmati Rice <i>rinse</i>
450g	600g	Pork Schnitzel (without crumb)
225g	300g	Sliced Onion
195g	260g	Button Mushrooms <i>wipe clean & roughly slice</i>
45ml	60ml	Spice & All Things Nice Tikka Curry Paste
225ml	300ml	Tomato Passata
120g	160g	Peas
190g	250g	Red Kidney Beans <i>drain & rinse</i>
125ml	160ml	Sour Cream
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

Butter

1. READY THE RICE Place the rice in a pot with 600ml [800ml] 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.

2. GOLDEN PORK Place a pan over high heat with a drizzle of oil. Pat the schnitzel dry with paper towel and season. When hot, sear the schnitzel until browned, 30-60 seconds per side. Remove from the pan and cut into bite-sized pieces.

3. ALL TOGETHER Return the pan to medium-high heat with a drizzle of oil and a knob of butter. Fry the onion and the mushrooms until golden, 6-8 minutes. Add the curry paste and fry until fragrant, 1-2 minutes. Mix in the tomato passata, peas, kidney beans, and 300ml [400ml] of water. Simmer until thickened and reduced, 8-10 minutes. In the final 2-3 minutes, mix in the pork, a sweetener (to taste), and seasoning. Remove from the heat.

4. DINNER IS READY Dish up the rice, top with the savoury pork, a dollop of the sour cream, and garnish with the parsley. Well done, Chef!