

Eat Within 2 Days

# UCOOK

## Savoury Tomato Pork & Rice

**with mushrooms**

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Simple & Save:** Serves 3 & 4

**Chef:** Kate Gomba

**Wine Pairing:** Neil Ellis Wines | Neil Ellis West Coast Sauvignon Blanc

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 515kJ | 2867kJ |
| Energy | 123kcal | 686kcal |
| Protein | 8.8g | 49.1g |
| Carbs | 18g | 98g |
| of which sugars | 2.3g | 13g |
| Fibre | 2.1g | 11.5g |
| Fat | 1.3g | 7.5g |
| of which saturated | 0.4g | 2.1g |
| Sodium | 23mg | 126mg |

**Allergens:** Sulphites, Cow's Milk, Allium

**Spice Level:** None

**Ingredients & Prep Actions:**

| Serves 3 | [Serves 4] | |
|---|---|---|
| 300ml | 400ml | White Basmati Rice<br>*rinse* |
| 450g | 600g | Pork Schnitzel (without crumb) |
| 2 | 2 | Onions<br>*peel & roughly slice 1½ [2]* |
| 190g | 250g | Button Mushrooms<br>*wipe clean & cut into quarters* |
| 30ml | 40ml | Spice & All Things Nice Tikka Curry Paste |
| 150ml | 200ml | Tomato Passata |
| 120g | 160g | Peas |
| 8g | 10g | Fresh Parsley<br>*rinse, pick & roughly chop* |

**From Your Kitchen**

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey
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. PERFECT PORK Place a pan over high heat with a drizzle of oil. Pat the schnitzel dry with paper towel, cut into bite-sized chunks, and season. When hot, fry until browned, 3-4 minutes (shifting occasionally). In the final 30-60 seconds, baste with a knob of butter. Remove from the pan.

3. TASTY TOMATO SAUCE Return the pan to medium heat with a drizzle of oil if necessary. Fry the onion and the mushrooms until golden, 10-12 minutes (shifting occasionally). Add the curry paste and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 300ml [400ml] of water. Simmer until thickening, 8-12 minutes. In the final 2-3 minutes, add the peas, and the pork pieces. Add a sweetener (to taste) and season. Remove from the heat.

4. DINNER IS READY Dish up the rice, top with the savoury tomato pork, and garnish with the parsley. Dig in, Chef!