



UCOOK

One-Pot Pork & Rice

with piquanté peppers & fresh chives

If you love cooking up a storm in the kitchen but always try to get out of dishwashing duty, we have the solution for you, Chef! This one-pot wonder is pleasing to the palate while keeping your kitchen pristine. Featuring pea and bell pepper-dotted jasmine rice, browned pork mince & sweet piquanté peppers spiced with NOMU Cajun Rub.

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

Simple & Save

Stettyn Wines | Stettyn Family Range Shiraz

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Ingredients & Prep

2	Onions <i>peel & roughly dice</i>
360g	Carrot <i>rinse, trim, peel & roughly dice</i>
450g	Pork Mince
30ml	NOMU Cajun Rub
300ml	Jasmine Rice <i>rinse</i>
120g	Peas
60g	Piquanté Peppers <i>drain</i>
2	Chicken Stock Sachets
8g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

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

1. LOADED PORK MINCE Boil the kettle. Place a pot over medium heat with a drizzle of oil. When hot, fry the diced onion and carrots until golden, 6-7 minutes (shifting occasionally). Add the mince and NOMU rub and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally).

2. PEAS & PEPPERS RICE Add the rinsed rice to the pot along with the peas, ½ the drained peppers, the chicken stock, 600ml of boiling water and seasoning. Cover and cook until the rice is fluffy and the liquid has been absorbed, 20-25 minutes. Remove from the heat, fluff with a fork and rest for a few minutes before serving.

3. LOOK AT THAT! Plate up the loaded delicious pork mince and finish with a scattering of the remaining peppers and the chopped chives.

Nutritional Information

Per 100g

Energy	635kj
Energy	152kcal
Protein	6.1g
Carbs	18g
of which sugars	3.4g
Fibre	1.8g
Fat	5.7g
of which saturated	2g
Sodium	273mg

Allergens

Allium, Sulphites

Eat
Within
1 Day