

Eat Within 2 Days

Pork Rump & Grilled Pineapple

with mushrooms, buckwheat & peas

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Calorie Conscious: Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	336kJ	1936kJ
Energy	80kcal	463kcal
Protein	7.7g	44.2g
Carbs	10g	56g
of which sugars	4g	25g
Fibre	2g	10g
Fat	1.2g	6.7g
of which saturated	0.3g	1.6g
Sodium	85mg	488mg

Allergens: Sulphites, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
120ml	160ml	Buckwheat *rinse*
450g	600g	Pork Rump
15ml	20ml	NOMU Cajun Rub
90g	120g	Peas
375g	500g	Button Mushrooms *wipe clean & cut in half*
240g	320g	Pineapple Chunks *cut into small bite-sized pieces*
300g	400g	Cucumber *rinse & cut into bite-sized pieces*
60g	80g	Salad Leaves *rinse & roughly shred*
120ml	160ml	Spicy Dressing *(60ml [80ml] Pineapple Juice, 15ml [20ml] Sriracha Sauce, 30ml [40ml] Lime Juice & 15ml [20ml] Honey)*

From Your Kitchen

Seasoning (Salt & Pepper)
Water
Cooking Spray
Paper Towel

1. BUCKWHEAT Place the buckwheat in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 25-30 minutes. Drain if necessary and cover.

2. PORK Place a pan over medium-high heat. Pat the pork dry with paper towel and lightly coat with cooking spray or oil (optional) and the NOMU rub. When hot, sear the pork, fat-side down, until crispy, 3-5 minutes. Flip the pork onto its side and sear until browned, 2-3 minutes per side. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

3. PEAS Boil the kettle. Submerge the peas in boiling water until plump, 2-3 minutes. Drain and set aside.

4. MUSHROOMS & PINEAPPLE Return the pan to medium-high and lightly spray with cooking spray. When hot, fry the mushrooms until golden, 8-10 minutes (shifting occasionally). Remove from the pan and season. Return the pan to medium heat and fry the pineapple until lightly charred, 4-5 minutes (shifting as they colour). Remove from the pan.

5. JUST BEFORE SERVING Combine the buckwheat with peas, charred pineapple, the mushrooms, the cucumber, the salad leaves and seasoning.

6. DINNER IS READY Bowl up the loaded buckwheat, top with the pork and drizzle over the spicy dressing (to taste). Dig in, Chef!