



UCCOOK

Cauli Rice & Pork Paprikash

with kale

Hands-on Time: 20 minutes

Overall Time: 35 minutes

***New Calorie Conscious:** Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	256kJ	1697kJ
Energy	61kcal	406kcal
Protein	6.5g	43g
Carbs	5g	36g
of which sugars	3g	17g
Fibre	2g	12g
Fat	1g	6.9g
of which saturated	0.3g	2g
Sodium	78.6mg	520.9mg

Allergens: Allium

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Pork Fillet
1	1	Onion <i>peel & roughly slice</i>
1	1	Garlic Clove <i>peel & grate</i>
10ml	20ml	Smoky Rub <i>(2,5ml [5ml] Smoked Paprika & 7,5ml [15ml] NOMU Spanish Rub)</i>
100ml	200ml	Tomato Passata
50g	100g	Kale <i>rinse & shred</i>
200g	400g	Cauliflower Florets

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. PORK Place a pot over medium heat with a drizzle of oil. Pat the pork dry with paper towel and cut into bite-sized pieces. When hot, fry the pork until browned but not cooked through, 2-3 minutes (shifting as they colour). Remove from the pot.

2. PORK PAPRIKASH Return the pot to medium heat with a drizzle of oil if necessary. Fry the onion until soft, 4-5 minutes. Add the garlic, the smoky rub, and fry until fragrant, 30-60 seconds. Mix in the tomato passata, 150ml [300ml] of water, and simmer until thickening, 10-12 minutes. In the final, 3-4 minutes, mix in the pork. Add the kale, and simmer until wilted, 1-2 minutes. Remove from the heat and add seasoning.

3. CAULI RICE While the sauce is simmering, rinse the cauliflower and grate it (or alternatively, add it to a food processor and pulse it into small pieces). Place a pan over medium-high heat with a drizzle of oil. When hot, fry the cauli until golden and soft, 6-8 minutes (shifting occasionally). Remove from the pan and season.

4. DINNER IS READY Bowl up the cauli rice and top with the saucy pork paprikash. Enjoy, Chef!

Chef's Tip Cook the cauli in batches if necessary to allow for even browning and avoid steaming.