



UCCOOK

Grilled Pineapple Salad & Pork Fillet

with mushrooms, buckwheat & peas

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 | 343kJ | 1981kJ |
| Energy | 82kcal | 474kcal |
| Protein | 7.8g | 45.1g |
| Carbs | 10g | 56g |
| of which sugars | 4g | 25g |
| Fibre | 2g | 10g |
| Fat | 1.3g | 7.5g |
| of which saturated | 0.3g | 2g |
| Sodium | 77.5mg | 447mg |

Allergens: Allium, Sulphites

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 40ml | 80ml | Buckwheat <i>rinse</i> |
| 150g | 300g | Pork Fillet |
| 5ml | 10ml | NOMU Cajun Rub |
| 30g | 60g | Peas |
| 125g | 250g | Button Mushrooms <i>wipe clean & cut in half</i> |
| 80g | 160g | Pineapple Chunks <i>cut into small bite-sized pieces</i> |
| 100g | 200g | Cucumber <i>rinse & cut into bite-sized pieces</i> |
| 20g | 40g | Salad Leaves <i>rinse & roughly shred</i> |
| 40ml | 80ml | Spicy Dressing <i>(20ml [40ml] Pineapple Juice, 5ml [10ml] Sriracha Sauce, 10ml [20ml] Lime Juice & 5ml [10ml] Honey)</i> |

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. BUCKWHEAT Place the buckwheat in a pot with 150ml [300ml] 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 heat and lightly spray with cooking spray. Pat the pork dry with paper towel, cut into bite-sized pieces and coat with the NOMU rub. When hot, fry the pork pieces until browned and cooked through, 4-6 minutes (shifting as they colour). Remove from the pan and rest for 5 minutes.

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, 6-8 minutes (shifting occasionally). Remove from the pan and season. Return the pan to medium heat and fry the pineapple until lightly charred, 3-4 minutes (shifting as they colour). Remove from the pan.

5. JUST BEFORE SERVING Combine the buckwheat with the 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!