

# UCCOOK

## Greek Pork Buddah Bowl

with a tomato & onion salsa

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Calorie Conscious:** Serves 3 & 4

**Chef:** Jenna Peoples

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 249kJ    | 1923kJ      |
| Energy             | 60kcal   | 460kcal     |
| Protein            | 6.3g     | 48.6g       |
| Carbs              | 5g       | 37g         |
| of which sugars    | 2g       | 14g         |
| Fibre              | 1g       | 10g         |
| Fat                | 1.5g     | 11.3g       |
| of which saturated | 0.4g     | 2.9g        |
| Sodium             | 311mg    | 2402mg      |

**Allergens:** Allium

**Spice Level:** None

Eat Within 2 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                     |
|----------|------------|---------------------------------------------------------------------|
| 2        | 2          | Tomatoes<br><i>rinse &amp; roughly dice</i>                         |
| 300g     | 400g       | Cucumber<br><i>rinse &amp; roughly dice</i>                         |
| 1        | 1          | Onion<br><i>peel &amp; finely dice <math>\frac{3}{4}</math> [1]</i> |
| 90ml     | 120ml      | Ina Paarman Greek Dressing                                          |
| 8g       | 10g        | Fresh Coriander<br><i>rinse, pick &amp; finely chop</i>             |
| 125ml    | 160ml      | Low Fat Plain Yoghurt                                               |
| 450g     | 600g       | Broccoli Florets<br><i>rinse &amp; cut into bite-sized chunks</i>   |
| 450g     | 600g       | Pork Rump                                                           |
| 15ml     | 20ml       | Greek Seasoning                                                     |
| 60g      | 80g        | Green Leaves<br><i>rinse &amp; roughly shred</i>                    |

## From Your Kitchen

Cooking Spray (or oil of your choice)

Seasoning (salt & pepper)

Water

Paper Towel

**1. PREP STEP** In a bowl, combine the tomato, cucumber, onion, Greek dressing and seasoning. Set aside. In a separate bowl, combine  $\frac{1}{2}$  the coriander and the yoghurt. Season and set aside.

**2. BEGIN THE BROCCOLI** Place a pot (with a lid) over medium heat with  $\pm$  3cm of salted water. Once simmering, add the broccoli. Place the lid on the pot and allow the broccoli to steam until al dente, 3-4 minutes. Drain any excess water from the pot, place the lid back on and set aside.

**3. GREEK-SPICED PORK** Pat the pork dry with paper towel, cut into bite-sized chunks, coat with the Greek seasoning, and cooking spray or a drizzle of oil (optional). Return the pan to medium heat and fry the meat until cooked through, 5-6 minutes (shifting as it browns). Remove from the heat.

**4. GORGEOUS!** Plate up your dinner buddha bowl style, starting with a bed of green leaves. Top with the tomato salsa, broccoli and pork chunks. Dollop over the coriander yoghurt, using the remaining coriander for garnishing. Dig in, Chef!