

Eat Within 2 Days

UCOOK

Savoury Tomato Pork & Rice

with mushrooms

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	515kJ	2867kJ
Energy	123kcal	686kcal
Protein	8.8g	49.1g
Carbs	18g	98g
of which sugars	2.3g	13g
Fibre	2.1g	11.5g
Fat	1.3g	7.5g
of which saturated	0.4g	2.1g
Sodium	23mg	126mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	White Basmati Rice *rinse*
450g	600g	Pork Schnitzel (without crumb)
2	2	Onions *peel & roughly slice 1½ [2]*
190g	250g	Button Mushrooms *wipe clean & cut into quarters*
30ml	40ml	Spice & All Things Nice Tikka Curry Paste
150ml	200ml	Tomato Passata
120g	160g	Peas
8g	10g	Fresh Parsley *rinse, pick & roughly chop*

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey
Butter

1. READY THE RICE Place the rice in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. PERFECT PORK Place a pan over high heat with a drizzle of oil. Pat the schnitzel dry with paper towel, cut into bite-sized chunks, and season. When hot, fry until browned, 3-4 minutes (shifting occasionally). In the final 30-60 seconds, baste with a knob of butter. Remove from the pan.

3. TASTY TOMATO SAUCE Return the pan to medium heat with a drizzle of oil if necessary. Fry the onion and the mushrooms until golden, 10-12 minutes (shifting occasionally). Add the curry paste and fry until fragrant, 1-2 minutes. Mix in the tomato passata and 300ml [400ml] of water. Simmer until thickening, 8-12 minutes. In the final 2-3 minutes, add the peas, and the pork pieces. Add a sweetener (to taste) and season. Remove from the heat.

4. DINNER IS READY Dish up the rice, top with the savoury tomato pork, and garnish with the parsley. Dig in, Chef!