



UCOOK

Pork Rump Vindaloo

with a poppadom, raita & cashew nuts

Get ready for a yummy kick of flavour with this spicy number. Notes of rich, zingy tomato, fried garlic, & warming Indian spices come together in this memorable pork curry. The heat is balanced with a cooling raita & fresh sambal on the side. So, grab a crispy poppadom and start scooping!

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

 Carb Conscious

 Delheim Wines | Delheim Heritage Edelspatz
Noble Late Harvest

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

30g	Cashew Nuts <i>roughly chopped</i>
450g	Pork Rump <i>pat dry & cut into bite-sized pieces</i>
360g	Carrot <i>rinsed, trimmed, ½ finely diced & ½ grated</i>
2	Red Onions <i>1½ peeled & finely diced</i>
30ml	Vindaloo Spice <i>(2 Bay Leaves & 30ml NOMU Indian Rub)</i>
60ml	Spice & All Things Nice Curry Paste
2	Garlic Cloves <i>peeled & grated</i>
2	Fresh Chillies <i>deseeded & roughly sliced</i>
300ml	Tomato Passata
2	Tomatoes <i>roughly diced</i>
3	Poppadoms
90ml	Raita

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. TIME FOR A TOAST Place the chopped cashews in a pot over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. FRAGRANT FRY-UP Return the pot to a medium-high heat with a drizzle of oil. When hot, fry the pork pieces until browned, 4-5 minutes (shifting occasionally). Add the diced carrot and ½ the diced onion. Fry until starting to soften, 6-7 minutes (shifting occasionally).

3. SPICE & ALL THINGS NICE When the onion & carrot have started to soften, add the vindaloo spice, the curry paste, the grated garlic, and the sliced chilli (to taste) to the pot. Fry until fragrant, 1-2 minutes (shifting constantly). Pour in the tomato passata and 450ml of water. Bring to a boil. Lower the heat slightly and simmer until slightly reduced, 15-20 minutes. Season with salt, pepper, and a sweetener.

4. SENSATIONAL SAMBAL While the curry is simmering, place the diced tomato, the remaining onion (to taste), the grated carrot, a drizzle of olive oil, and seasoning in a bowl. Mix until combined and set aside.

5. POPPING POPS Place a clean pan over medium-high heat with enough oil to cover the base. When hot, shallow fry the poppadoms one at a time, about 30 seconds per side. As soon as the poppadom starts to curl, use tongs to flip it over and flatten it out. Keep flipping and flattening until golden and puffed up.

6. EAT IT UP Bowl up the delicious vindaloo curry. Dollop over the raita. Serve the sambal and the crispy poppadoms on the side. Scatter over the toasted cashews and there you have it!



Chef's Tip

If you don't feel like frying the poppadoms, heat them in the microwave until crispy, 20-30 seconds.

Nutritional Information

Per 100g

Energy	441kj
Energy	105kcal
Protein	6.1g
Carbs	8g
of which sugars	3g
Fibre	1.7g
Fat	5.6g
of which saturated	1.6g
Sodium	222mg

Allergens

Dairy, Allium, Tree Nuts

Cook
within 2
Days