

QCOOK

Basmati Rice & Herby Pork

with sweet piquanté peppers

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Chardonnay

Nutritional Info

	Per 100g	Per Portion
Energy	504kj	2684kj
Energy	121kcal	642kcal
Protein	8.9g	47.2g
Carbs	17g	90g
of which sugars	3.4g	18.1g
Fibre	1.6g	8.6g
Fat	1.8g	9.7g
of which saturated	0.7g	3.7g
Sodium	108mg	575mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	White Basmati Rice <i>rinse</i>
1	1	Onion <i>peel & roughly dice ½ [1]</i>
15ml	30ml	Spiced Flour <i>(10ml [20ml] Cake Flour & 5ml [10ml] Ground Paprika)</i>
100ml	200ml	Low Fat UHT Milk
40g	80g	Peas
150g	300g	Pork Schnitzel (without crumb)
10ml	20ml	NOMU Italian Rub
20g	40g	Piquanté Peppers <i>drain</i>

From Your Kitchen

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

1. NICE RICE Place the rice in a pot with 150ml [300ml] 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. CREAMY ONION & PEAS Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the spiced flour and a generous knob of butter to form the roux. Cook for 1-2 minutes, stirring constantly. Slowly whisk in the milk until the sauce thickens slightly. Add the peas and allow to heat through, 2-3 minutes. If the sauce is too thick for your liking, add an extra splash of water. Remove from the heat and season.

3. SEAR THE SCHNITZEL Place a pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 30-60 seconds per side. In the final 30 seconds, baste with a knob of butter and the NOMU rub. Remove from the pan, slice, and season.

4. DINNER = DONE Serve up the steamy rice and top with the sliced pork. Pour over the sauce and scatter over the peppers.