



UCCOOK

Dried Cranberries & Pork Mince Salad

with apple pieces & creamy mayo

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Neil Ellis Wines | Neil Ellis Wild Flower Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	707kJ	4614kJ
Energy	169kcal	1104kcal
Protein	5.8g	37.8g
Carbs	17g	113g
of which sugars	4.9g	31.8g
Fibre	2.1g	13.9g
Fat	8.4g	55g
of which saturated	2.1g	13.9g
Sodium	95mg	633mg

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

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Pork Mince
2	2	Onions <i>peel & roughly dice</i>
45ml	60ml	Curry Powder <i>(30ml [40ml] NOMU Indian Rub & 15ml [20ml] Medium Curry Powder)</i>
225ml	300ml	White Basmati Rice <i>rinse</i>
60g	80g	Cranberry & Nut Mix <i>(30g [40g] Dried Cranberries & 30g [40g] Almonds)</i>
3	4	Fresh Apples <i>rinse</i>
180ml	240ml	Creamy Mayo <i>(90ml [120ml] Mayo & 90ml [120ml] Low Fat Plain Yoghurt)</i>
8g	10g	Fresh Chives <i>rinse & finely slice</i>

From Your Kitchen

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

1. **MINCE** Place a pot over medium-high heat with a drizzle of oil. Fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 [5-6] minutes (shifting occasionally).

2. **RICE** Add the onions to the pot and fry until soft, 4-5 minutes. Add the curry powder and fry until fragrant, 1-2 minutes. Mix in the rice and 450ml [600ml] of salted water. Cover 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.

3. **TOAST** Place the cranberry and nut mix in a pan over medium heat. Toast until lightly golden and charred, 1-2 minutes (shifting occasionally). Remove from the pan and set aside.

4. **AN APPLE A DAY** Just before serving, cut the apples into small bite-sized pieces.

5. **TIME TO EAT** Bowl up the curried rice, scatter over the apple pieces, and drizzle over the creamy mayo. Scatter over the toasted cranberry and nut mix, and the chives. Enjoy, Chef!

Chef's Tip To stop the sliced apple from browning, place it in a bowl of water with a squeeze of lemon juice.