



UCCOOK

Spiced Pork Jambalaya

with fresh parsley & carrots

With influences from various cooking cultures, such as Spanish, West African, and French, expect a flavour journey around the world with each bite. Juicy pork steak is coated with a rich Cajun-spiced gravy, then sided with a bed of fluffy rice loaded with pops of peas, fresh parsley & pan-fried veggies.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 ***NEW Simple & Save**

 **Alvi's Drift | Sparkling Brut Rosé**

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Ingredients & Prep

100ml	Jasmine Rice <i>rinsed</i>
1	Onion <i>½ peeled & finely diced</i>
20ml	Cajun Spice Mix <i>(5ml Chicken Stock, 5ml NOMU Cajun Rub & 10ml Cornflour)</i>
40g	Peas
160g	Pork Neck Steak
120g	Carrot <i>rinsed, trimmed & cut into small bite-sized chunks</i>
4g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>
10ml	Lemon Juice

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil
Paper Towel

1. FLUFFY RICE Place the rinsed rice in a pot with 200ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork, and cover.

2. FRAGRANT VEGGIES Place the cajun spice mix and 20ml of water in a bowl. Mix to combine until a runny paste. Place a pan over medium heat with a drizzle of oil. When hot, add ¼ of the diced onion and fry until soft, 3-4 minutes. Add 80ml of water. Once simmering, add the cajun slurry, and simmer until reduced and thickened, 1-2 minutes. Loosen with a splash of warm water if it's too thick for your liking. Remove from the pan, season, and cover.

3. SIZZLING STEAK Pat the pork neck steak dry with paper towel and season. Return the pan, wiped down, to a medium-high heat with a drizzle of oil. When hot, fry the pork until cooked through and golden, 4-6 minutes per side. Remove from the pan, cover with tinfoil, and rest for 5 minutes.

4. SPICY GRAVY Return the pan to a medium heat with a drizzle of oil. When hot, add the carrot chunks and the remaining onion. Fry until slightly softened, 5-6 minutes (shifting occasionally). In the final 2-3 minutes, add the peas. Add the cooked rice and ½ the chopped parsley. Mix until combined. Season.

5. YUMMY YUM! Plate up the loaded rice. Side with the pork steak drizzled with the gravy. Garnish with a sprinkle of the remaining parsley. Well done, Chef!



Chef's Tip

If the gravy cools down too much before serving, place it in a small pot over a low heat until warmed.

Nutritional Information

Per 100g

Energy	702kj
Energy	168kcal
Protein	7.5g
Carbs	19g
of which sugars	2.2g
Fibre	1.5g
Fat	6.4g
of which saturated	2.1g
Sodium	229mg

Allergens

Allium, Sulphites

Cook
within 2
Days