

Eat Within 2 Days

Savoury Pork & Bean Rice Bowl

with mushrooms & kidney beans

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	568kJ	3476kJ
Energy	136kcal	832kcal
Protein	9g	55.3g
Carbs	17g	103g
of which sugars	2.2g	13.2g
Fibre	2.7g	16.3g
Fat	2.7g	16.2g
of which saturated	1g	6.4g
Sodium	22mg	137mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	White Basmati Rice *rinse*
150g	300g	Pork Schnitzel (without crumb)
75g	150g	Sliced Onion
65g	125g	Button Mushrooms *wipe clean & roughly slice*
15ml	30ml	Spice & All Things Nice Tikka Curry Paste
75ml	150ml	Tomato Passata
40g	80g	Peas
60g	120g	Red Kidney Beans *drain & rinse*
40ml	80ml	Sour Cream
3g	5g	Fresh Parsley *rinse, pick & roughly chop*

From Your Kitchen

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

1. READY THE RICE Place the rice in a pot with 200ml [400ml] 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. GOLDEN PORK Place a pan over high heat with a drizzle of oil. Pat the schnitzel dry with paper towel and season. When hot, sear the schnitzel until browned, 30-60 seconds per side. Remove from the pan and cut into bite-sized pieces.

3. ALL TOGETHER Return the pan to medium-high heat with a drizzle of oil and a knob of butter. Fry the onion and the mushrooms until golden, 4-6 minutes. Add the curry paste and fry until fragrant, 30-60 seconds. Mix in the tomato passata, peas, kidney beans, and 100ml [200ml] of water. Simmer until thickened and reduced, 5-7 minutes. In the final 1-2 minutes, mix in the pork, a sweetener (to taste), and seasoning. Remove from the heat.

4. DINNER IS READY Dish up the rice, top with the savoury pork, a dollop of the sour cream, and garnish with the parsley. Well done, Chef!