



UCOOK

Warm Moroccan Cauli & Pork Rump

with a yoghurt-tahini dressing

A dish made up of a Moroccan-spiced roasted cauliflower & broccoli salad, topped with juicy pan-fried pork rump slices. All drizzled with a tahini-yoghurt dressing which will have you licking out the plate!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Megan Bure

 Carb Conscious

 Creation Wines | Creation Viognier Roussanne 2020

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

Ingredients & Prep

400g	Cauliflower Florets <i>cut into bite-sized pieces</i>
400g	Broccoli Florets <i>cut into bite-sized pieces</i>
40ml	NOMU Moroccan Rub
60ml	Grated Italian-style Hard Cheese
40g	Pumpkin Seeds
125ml	Low Fat Plain Yoghurt
40ml	Tahini
600g	Pork Rump
80g	Salad Leaves <i>rinsed & roughly shredded</i>

From Your Kitchen

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

1. CAULI ROAST Preheat the oven to 200°C. Spread out the cauliflower and broccoli pieces on a roasting tray. Coat in oil, the rub, and seasoning. Roast in the hot oven for 25-30 minutes until cooked through and starting to crisp, shifting halfway. In the last 5 minutes, sprinkle over $\frac{3}{4}$ of the grated cheese and return to the oven.

2. POPPIN PUMPKIN SEEDS Place the pumpkin seeds in a pan over medium heat. Toast for 3-5 minutes until beginning to pop and turn brown. Remove from the pan and set aside to cool.

3. DRIZZLING DRESSING In a small bowl, combine the yoghurt, the tahini, seasoning, and a sweetener of choice. Add water in 5ml increments until drizzling consistency.

4. PAN-FRIED PORK Return the pan to medium-high heat with a drizzle of oil. Pat the pork rump dry with paper towel and season. When the pan is hot, sear the pork, fat-side down, for 2-3 minutes until crispy. Then, fry for 2-3 minutes per side, or until cooked through (this time frame may depend on the thickness of the pork). Remove from the pan and rest for 5 minutes before slicing and lightly seasoning.

5. BRING IT TOGETHER In a bowl, combine the shredded leaves, the roasted cauliflower & broccoli, $\frac{1}{2}$ the toasted pumpkin seeds, and seasoning.

6. TIME TO EAT Plate up the loaded salad. Top with the sliced pork and drizzle over the yoghurt dressing. Scatter over the remaining cheese and pumpkin seeds. Dig in, Chef!

Nutritional Information

Per 100g

Energy	590kJ
Energy	141kcal
Protein	9.3g
Carbs	5g
of which sugars	1.4g
Fibre	2g
Fat	8.8g
of which saturated	2.8g
Sodium	149mg

Allergens

Egg, Dairy, Sesame

Cook
within 2
Days