



# UCCOOK

## 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!

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes


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**Serves:** 4 People


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**Chef:** Megan Bure

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 Carb Conscious

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 Creation Wines | Creation Viognier Roussanne 2020

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## 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 &amp; 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