



UCCOOK

Umami Pork Tacos

with a gluten-free quinoa crust, tangy coconut yoghurt & pineapple

Crispy, creamy, fresh and gluten-conscious! What more could you ask for? Tender pork schnitzel crumbed with quinoa flakes and wrapped in a warm corn tortilla, accompanied by a tangy dressing and a pineapple salsa!

Hands-On Time: 15 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Megan Bure

♥ Health Nut

🍷 Fat Bastard | Rosé

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

Ingredients & Prep

120g	Pineapple Pieces <i>drained</i>
100g	Cucumber <i>roughly diced</i>
8g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
100ml	Coconut Yoghurt
100ml	BIO XXI Quinoa Flakes
300g	Pork Schnitzel (without crumb)
1	Fresh Chilli <i>deseeded & roughly chopped</i>
30ml	Sweet Tamari <i>(20ml Tamari & 10ml Honey)</i>
4	Corn Tortillas
40g	Green Leaves <i>rinsed & gently shredded</i>
10ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Milk (optional)
Egg/s

1. SUPER SALSA & YUMMY YOG Place the pineapple pieces and diced cucumber in a bowl. Add ¼ of the chopped coriander and a drizzle of olive oil. Toss to combine, season, and set aside to pickle. Place the coconut yoghurt in a separate bowl with ½ the remaining chopped coriander. Loosen with milk or water in 5ml increments until a thick drizzling consistency. Season and set aside for serving.

2. OH-SO YUM CRISPY CRUMB! Whisk 1 egg in a shallow dish with 1 tsp of water. Prepare one more shallow dish containing the quinoa flakes (lightly seasoned). Coat one piece of pork in the egg then lightly coat in the quinoa flakes. Repeat with each piece.

3. FRY ME A RIVER Place a pan over a medium-high heat with enough oil to cover the base. When hot, fry the crumbed pork for 2-3 minutes per side until golden and cooked through. Remove on completion and allow to drain on some paper towel. You may need to do this step in batches. Cover to keep warm and thickly slice just before serving.

4. SPICE IT UP Return the pan to a medium heat, wiped down if necessary, with a drizzle of oil. When hot, add the chopped chilli (to taste) and fry for 1-2 minutes, shifting constantly, until fragrant. Add the sweet tamari and 60ml of water. Bring up to the boil, then lower the heat and simmer for 3-4 minutes until reduced and slightly thickened. Remove from the pan on completion and set aside for serving.

5. KILLA TORTILLA Place a clean pan over a medium heat. When hot, dry toast the tortillas in batches for 30-60 seconds per side until warmed through. Remove from the pan on completion. As you go, stack the heated ones on a plate under a dry dishcloth. This stops them getting cold or drying out.

6. TACO TIME! Lay the warm tortillas out flat and smear over some coriander yoghurt. Pile on the shredded leaves and crispy pork slices. Scatter over the salsa in the centre and drizzle over any remaining coriander yoghurt. Finish off with the tamari sauce (to taste), the remaining coriander, black sesame seeds and sliced chilli. Serve any leftover filling on the side. Taco in, Chef!

Nutritional Information

Per 100g

Energy	838kJ
Energy	200Kcal
Protein	10.5g
Carbs	27g
of which sugars	3.9g
Fibre	2.9g
Fat	5.8g
of which saturated	2.2g
Sodium	237mg

Allergens

Gluten, Sesame, Wheat, Sulphites, Soy

Cook
within 2
Days