



UCCOOK

BBQ Pork Bowl

with smoky cauliflower & zesty cottage cheese

Smoked paprika cauliflower pieces share a plate with juicy BBQ pork slices, a zesty charred corn, cabbage & carrot salad and a lemon-flavoured cottage cheese drizzle. Expect smoky flavours, creamy textures and a very satisfied appetite, Chef.


Hands-on Time: 35 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Jewell Willeberg

 Carb Conscious

 Waterford Estate | Waterford Pecan Stream
Pebble Hill

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Ingredients & Prep

40g	Corn
200g	Cauliflower Florets <i>cut into bite-sized pieces</i>
2,5ml	Smoked Paprika
150g	Pork Rump
30ml	BBQ Sauce
100g	Cabbage <i>½ very thinly sliced</i>
120g	Carrot <i>trimmed, peeled & cut into thin matchsticks</i>
1	Lemon <i>zested & cut into wedges</i>
30ml	Low Fat Cottage Cheese

From Your Kitchen

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

1. CHARRED CORN Place a pan over medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan, place into a salad bowl, and set aside.

2. SMOKED PAPRIKA CAULI In a bowl, toss the cauliflower pieces with the smoked paprika. Return the pan to medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the cauliflower pieces until lightly charred, 5-6 minutes. Add a splash of water, cover, and simmer until al dente, 1-2 minutes. Remove from the pan and season.

3. BBQ PORK Return the pan to medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork, fat-side down, until crispy, 3-5 minutes. Flip the pork onto its side and sear until browned, 4-5 minutes per side. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan, reserving any pan juices, and rest for 3-5 minutes before slicing. Season and toss through the BBQ sauce.

4. SWEET-ZESTY SALAD Add the sliced cabbage and the carrot matchsticks to the bowl with the charred corn. Toss through the juice from 1 lemon wedge, a drizzle of oil, a sweetener, and seasoning. Set aside.

5. LEMONY CHEESE Place the cottage cheese into a small bowl and loosen with a splash of water. Mix together with seasoning, a squeeze of lemon juice, and lemon zest (to taste). Set aside.

6. TIME TO EAT Serve up the smoky cauliflower next to the BBQ pork slices. Drizzle any remaining pan juices over the meat. Pile up the cabbage & corn salad and dollop the zesty cottage cheese over everything to finish. Serve any remaining lemon wedges on the side.



Chef's Tip

Air fryer method: Coat the cauliflower pieces in oil, the smoked paprika and season. Air fry at 200°C until cooked through, 15-20 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	377kJ
Energy	90kcal
Protein	5.3g
Carbs	6g
of which sugars	2.6g
Fibre	1.9g
Fat	4.2g
of which saturated	1.4g
Sodium	68mg

Allergens

Dairy, Allium, Sulphites, Sugar Alcohol (Xylitol)

Cook
within 2
Days