



UCCOOK

Mediterranean Pork Bowl

with couscous & olives

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	914kJ	5173kJ
Energy	219kcal	1237kcal
Protein	5.1g	28.9g
Carbs	11g	60g
of which sugars	3.1g	17.8g
Fibre	2g	11.1g
Fat	16.7g	94.3g
of which saturated	5.7g	32g
Sodium	79mg	390mg

Allergens: Sulphites, Gluten, Wheat, Cow's Milk, Allium

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
360g	480g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
2	2	Onions <i>peel & cut into thin wedges</i>
22.5	30ml	Nomu Does Everything
150ml	200ml	Couscous
2	2	Vegetable Stock Sachet
30g	40g	Sunflower Seeds
480g	640g	Pork Neck Steak
60g	80g	Pitted Kalamata Olives <i>drain & roughly slice</i>
8g	10g	Fresh Parsley <i>rinse & pick</i>
90ml	125ml	Tzatziki

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Butter

Paper Towel

1. ROAST Preheat the oven to 200°C. Spread the carrot and onion on a roasting tray. Coat in oil, ½ of the NOMU rub, and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. COUSCOUS Boil the kettle. Place the couscous in a bowl with 150ml [200ml] of boiling water and ½ [all] of the vegetable stock. Stir through a drizzle of olive oil and seasoning. Cover and steam until rehydrated, 5-8 minutes. Fluff with a fork.

3. TOAST Place the sunflower seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. PORK NECK Return the pan over medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 4-6 minutes per side. Remove from the pan and rest for 5 minutes before slicing and seasoning.

5. JUST BEFORE SERVING In a bowl, combine the couscous, roasted veggies, pork slices, sunflower seeds, olives, ½ of the parsley, a generous drizzle of olive oil, and season.

6. DINNER IS READY Bowl up the loaded couscous, top with dollops of the tzatziki, and garnish with the remaining parsley. Dig in, Chef!