



UCCOOK

Aromatic Pork Mince & Basmati Pilaf

with apple pieces & creamy mayo

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Waterkloof | Revenant Wild Ferment Syrah

Nutritional Info	Per 100g	Per Portion
Energy	708kJ	4603kJ
Energy	169kcal	1101kcal
Protein	5.8g	37.6g
Carbs	17g	114g
of which sugars	4.9g	31.8g
Fibre	2.1g	13.6g
Fat	8.4g	54.6g
of which saturated	2.1g	13.8g
Sodium	106mg	689mg

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

Spice Level: Mild

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
450g	600g	Pork Mince
2	2	Onions <i>peel & roughly dice</i>
45ml	60ml	Curry Powder <i>(30ml [40ml] NOMU Oriental Express , 15ml [20ml] Medium Curry Powder)</i>
225ml	300ml	White Basmati Rice <i>rinse</i>
60g	80g	Cranberry & Nut Mix <i>(30g [40g] Dried Cranberries & 30g [40g] Almonds)</i>
3	4	Fresh Apples <i>rinse</i>
180ml	240ml	Creamy Mayo <i>(90ml [120ml] Mayo & 90ml [120ml] Low Fat Plain Yoghurt)</i>

From Your Kitchen

Seasoning (Salt & Pepper)

Water

Oil (cooking, olive OR coconut)

1. **MINCE** Place a pot over medium-high heat with a drizzle of oil. Fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 **[5-6]** minutes (shifting occasionally).

2. **RICE** Add the onions to the pot and fry until soft, 4-5 minutes. Add the curry powder and fry until fragrant, 1-2 minutes. Mix in the rice and 450ml **[600ml]** of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

3. **TOAST** Place the cranberry and nut mix in a pan over medium heat. Toast until lightly golden and charred, 1-2 minutes (shifting occasionally). Remove from the pan and set aside.

4. **AN APPLE A DAY** Just before serving, cut the apple into small bite-sized pieces.

5. **TIME TO EAT** Bowl up the curried rice, scatter over the apple, and drizzle over the creamy mayo. Scatter over the cranberry and nut mix. Enjoy, Chef!