



# UCOOK

## Dried Cranberries & Pork Mince Salad

with apple pieces & creamy mayo

If you think there are 2 types of apples, red and green, think again! Over 7 500 apple varieties are grown around the world. You will be using this tasty topfruit to add a delicious tartness to curry-infused basmati rice, browned pork mince, toasted cranberries & nuts, & browned pork mince. Finished with a fancy sprinkle of chives.

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**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

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**Serves:** 3 People

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**Chef:** Kate Gomba

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Simple & Save

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Cathedral Cellar Wines | Cathedral Cellar-Chardonnay

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## Ingredients & Prep

450g	Pork Mince
2	Onions <i>peel &amp; roughly dice</i>
45ml	Curry Powder <i>(30ml NOMU Indian Rub &amp; 15ml Medium Curry Powder)</i>
225ml	White Basmati Rice <i>rinse</i>
60g	Cranberry & Nut Mix <i>(30g Dried Cranberries &amp; 30g Almonds)</i>
3	Fresh Apples <i>rinse</i>
180ml	Creamy Mayo <i>(90ml Mayo &amp; 90ml Low Fat Plain Yoghurt)</i>
8g	Fresh Chives <i>rinse &amp; finely slice</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

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

**2. RICE** Add the diced 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 rinsed rice and 450ml of salted water. Cover with a lid 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 & 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 apples into small bite-sized pieces.

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



## Chef's Tip

To stop the sliced apple from browning, place it in a bowl of water with a squeeze of lemon juice.

## Nutritional Information

Per 100g

Energy	707kJ
Energy	169kcal
Protein	5.8g
Carbs	17g
of which sugars	4.9g
Fibre	2.1g
Fat	8.4g
of which saturated	2.1g
Sodium	89mg

## Allergens

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

Eat  
Within  
1 Day