



UCOOK

Sizzling Pork & Chickpea Salad

with couscous & sage burnt butter

Whole wheat couscous loaded with pickled cucumber, roasted chickpeas and red onion wedges and sprinkled with fresh mint. Finished off with a scatter of homemade croutons, crispy pork strips, a drizzle of sage burnt butter and a scattering of feta, yummy!

Hands-On Time: 25 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Kate Gomba

 Easy Peasy

 Warwick Wine Estate | First Lady Rosé

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Ingredients & Prep

| | |
|-------|---|
| 180g | Chickpeas <i>drained & rinsed</i> |
| 2 | Red Onions <i>peeled & sliced into thin wedges</i> |
| 30ml | NOMU Provençal Rub |
| 225ml | Whole Wheat Couscous |
| 45ml | Red Wine Vinegar |
| 150g | Cucumber <i>diced</i> |
| 2 | Sourdough Baguette <i>defrosted & 1½ cut into bite-sized pieces</i> |
| 450g | Pork Schnitzel (without crumb) <i>patted dry & cut into 1cm strips</i> |
| 12g | Fresh Sage <i>rinsed, picked & dried</i> |
| 12g | Fresh Mint <i>rinsed & roughly chopped</i> |
| 120g | Danish-style Feta <i>drained</i> |

From Your Kitchen

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

1. ROASTED VEG Boil the kettle. Preheat the oven to 200°C. Place the drained chickpeas and the onion wedges on a roasting tray. Coat in oil, ½ of the Provençal rub, and some seasoning. Pop in the hot oven and roast for 20-25 minutes until the chickpeas are crispy and the onion is caramelised, shifting halfway.

2. BOIL & PICKLE Using a shallow bowl, submerge the couscous in 375ml of boiling water. Add a drizzle of oil, some seasoning, and gently stir through with a fork. Cover with a plate and set aside to steam for 5-8 minutes until tender. Once cooked, fluff up with the fork. In a separate bowl, place the red wine vinegar, 30ml of olive oil, 15ml of a sweetener of choice and some seasoning. Mix until fully combined. Add the diced cucumber and toss until fully coated. Set aside to pickle.

3. CRISPY CROUTONS Place the sourdough pieces in a bowl. Coat in oil, the remaining rub, and toss to combine. Place a pan over a medium heat. When hot, toast the sourdough pieces for 4-5 minutes until crispy, shifting occasionally. Remove from the pan on completion and allow to drain on some paper towel.

4. SIZZLING STRIPS & SAGE Return the pan to a high heat with a drizzle of oil. When hot, add the pork strips and fry for 1-2 minutes per side until cooked through and starting to crisp, shifting occasionally. You may need to do this in batches. Remove from the pan and drain on some paper towel. Return the pan to a medium-high heat with 90g of butter. Once foaming, add the rinsed sage leaves and spread out in a single layer. Fry for 1-2 minutes until the butter has a nutty aroma and the leaves are crispy – watch closely to make sure they don't burn! On completion, remove the pan from the heat.

5. FINALE Combine the cooked couscous, the roasted onions and chickpeas, the chopped mint, the pickled cucumber and some pickling liquid (to taste). Toss to combine and season.

6. LOADED SALAD Serve up a bowl of the loaded couscous salad, top with the crispy pork strips and drizzle over the sage burnt butter. Crumble over the feta and scatter over the crispy croutons, and the crispy sage leaves. Look at you go, Chef!



Chef's Tip

To make sure your veg does get crispy, spread it out with a little space between each piece and don't overcrowd the tray!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 673kJ |
| Energy | 161Kcal |
| Protein | 11.8g |
| Carbs | 18g |
| of which sugars | 2.6g |
| Fibre | 2.7g |
| Fat | 3.9g |
| of which saturated | 1.8g |
| Sodium | 249mg |

Allergens

Gluten, Dairy, Allium, Wheat, Sulphites

Cook
within 2
Days