

UCCOOK

Tender Pork & Brown Rice Bowl

with lemon yoghurt

A generous portion of brown rice is loaded with silky, sweet onion, cooling cucumber, fresh herbs & baby marrow rounds. This shares a plate with NOMU One For All Rub-spiced pork and drizzles of zesty yoghurt.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 4 People

Chef: Megan Bure

*New Calorie Conscious

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Ingredients & Prep

200ml	Brown Rice <i>rinse</i>
2	Onions <i>peel & finely slice</i>
600g	Baby Marrow <i>rinse, trim & cut into 1cm thick rounds on the diagonal</i>
160ml	Low Fat Plain Yoghurt
40ml	Lemon Juice
20g	Mixed Herbs <i>(10g Fresh Coriander & 10g Fresh Mint)</i>
400g	Cucumber <i>rinse & roughly dice</i>
600g	Pork Rump
40ml	NOMU One For All Rub

From Your Kitchen

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

1. READY THE RICE Boil the kettle. Place the rinsed rice in a pot with 800ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

2. SWEET, SILKY ONION Place a pan over medium heat with a drizzle of oil. When hot, fry the sliced onion until caramelised, 12-15 minutes (shifting occasionally). Remove from the pan, season, and cover.

3. BABY MARROWS Return the pan to medium heat with a drizzle of oil. When hot, fry the baby marrow rounds until charred, 3-4 minutes. Remove from the pan, season and add to the bowl of caramelised onions.

4. ZESTY YOGHURT & HERBS In a small bowl, combine the yoghurt with the lemon juice (to taste) and seasoning. Loosen with water in 5ml increments until drizzling consistency. Set aside. Rinse, pick and finely chop the mixed herbs. Set aside.



Chef's Tip

Air fryer method: Coat the baby marrow pieces in oil and season. Air fry at 200°C until cooked through, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	307kJ
Energy	73kcal
Protein	6.6g
Carbs	9g
of which sugars	2g
Fibre	1g
Fat	1.2g
of which saturated	0.3g
Sodium	78mg

Allergens

Cow's Milk, Allium

Eat
Within
2 Days