

# **UCOOK**

# Fragrant Pork Mince & Pickled Veg

with bulgur wheat

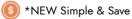
We've given mince and rice a new twist. Fluffy bulgur wheat is topped with fragrant pork mince elevated by an Oriental spice mix. Sided with pickled radish, cucumber & carrot matchsticks and garnished with fresh coriander.

Hands-on Time: 30 minutes

Overall Time: 50 minutes

**Serves:** 4 People

Chef: Hellen Mwanza



Strandveld | First Sighting Rosé

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

200ml White Wine Vinegar 80g Radish

rinsed & sliced into thin rounds

400g Cucumber rinsed & cut into matchsticks

240g Carrot trimmed, peeled & cut into

matchsticks

**Bulgur Wheat** 300ml

Pork Mince 600g

Onion 1

peeled & finely sliced

10g Fresh Coriander

rinsed, picked & roughly chopped

NOMU Oriental Rub

#### From Your Kitchen

Oil (cooking, olive or coconut)

Salt & Pepper

Water

40ml

Sugar/Sweetener/Honey

Butter

- 1. IN A PICKLE Pour the vinegar in a bowl, add 8 tbsp of water, and 4 tbsp of sweetener. Mix until combined. Toss through the sliced radish, the cucumber matchsticks, and the carrot. Set aside in the fridge.
- 2. COOK THE BULGUR Boil the kettle. Place the bulgur wheat in a bowl with 300ml of boiling water. Stir through a drizzle of olive oil and seasoning. Cover and set aside until rehydrated, 15-20 minutes. Fluff with a fork.
- 3. FRY THE MINCE Place a pan 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). Add the sliced onion and fry until soft, 4-5 minutes. Mix in the NOMU rub, a generous knob of butter, and fry until fragrant 30-60 seconds.
- 4. JUST BEFORE SERVING Discard the pickling liquid, reserving 8 tbsp in a bowl or jar. Make a dressing with the reserved pickling liquid and 4 tsp of olive oil. Mix or shake to emulsify and season.
- 5. TIME TO DINE Make a bed of the fluffy bulgur wheat, top with the flavorful mince, and side with the pickled veggies. Drizzle the salad dressing (to taste) over the veggies and sprinkle over the chopped coriander. Nice one. Chef!



Reserve the pickling liquid from the pickled veggies, store it in the fridge, and use it for another meal!

#### **Nutritional Information**

Per 100a

Energy	509k
Energy	122kca
Protein	6.10
Carbs	12g
of which sugars	2.1
Fibre	2.49
Fat	5.6
of which saturated	29
Sodium	91mg

### Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

> Cook within 1 Day