



UCCOOK

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

 ***NEW Simple & Save**

 **Strandveld | First Sighting Rosé**

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Ingredients & Prep

200ml	White Wine Vinegar
80g	Radish <i>rinsed & sliced into thin rounds</i>
400g	Cucumber <i>rinsed & cut into matchsticks</i>
240g	Carrot <i>trimmed, peeled & cut into matchsticks</i>
300ml	Bulgur Wheat
600g	Pork Mince
1	Onion <i>peeled & finely sliced</i>
40ml	NOMU Oriental Rub
10g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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



Chef's Tip

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

Nutritional Information

Per 100g

Energy	509kj
Energy	122kcal
Protein	6.1g
Carbs	12g
of which sugars	2.1g
Fibre	2.4g
Fat	5.6g
of which saturated	2g
Sodium	91mg

Allergens

Gluten, Dairy, Allium, Sesame, Wheat, Sulphites

Cook
within 1
Day