



UCCOOK

Pork Fillet & Bulgur Salad

with salad leaves & charred baby tomatoes

Hands-on Time: 30 minutes

Overall Time: 45 minutes

***New Calorie Conscious:** Serves 3 & 4

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	393kJ	2037kJ
Energy	94kcal	487kcal
Protein	8.2g	42.6g
Carbs	11g	56g
of which sugars	2g	10g
Fibre	2g	12g
Fat	1.8g	9.2g
of which saturated	0.4g	2.2g
Sodium	36.2mg	187.8mg

Allergens: Gluten, Allium, Wheat, Sulphites

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150ml	200ml	Bulgur Wheat
300g	400g	Baby Tomatoes <i>rinse & cut in half</i>
2	2	Onions <i>peel & roughly slice 1½ [2]</i>
2	2	Fresh Chillies <i>rinse, deseed & finely slice</i>
450g	600g	Pork Fillet
15ml	20ml	Dried Oregano
8g	10g	Fresh Dill <i>rinse & roughly chop</i>
120g	160g	Salad Leaves <i>rinse & roughly shred</i>
60ml	80ml	Tangy Mustard Dressing <i>(30ml [40ml] Lemon Juice & 30ml [40ml] Honey Mustard Dressing)</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water
Paper Towel

1. BULGUR Boil the kettle. Place the bulgur wheat in a pot with 450ml [600ml] of boiling water and seasoning. Simmer until cooked through, 8-10 minutes. Drain if necessary, fluff with a fork, and set aside.

2. CHARRED VEGGIES Place a pan over medium heat and lightly spray the tomatoes and the onions with cooking spray. When hot, fry the tomatoes and the onions until lightly charred, 6-8 minutes (shifting occasionally). In the final 30-60 seconds, mix in the chilli (to taste). Remove from the pan and season.

3. PORK Return the pan to medium heat. Pat the pork dry with paper towel and cut into bite-sized pieces. Lightly spray with cooking spray, coat with the oregano and seasoning. When hot, sear the pork until browned and cooked through, 4-6 minutes (shifting occasionally). Remove from the pan.

4. JUST BEFORE SERVING In a salad bowl, combine the bulgur wheat, the charred veggies, ½ of the dill, the salad leaves, the pork, and the tangy mustard dressing.

5. SALAD TIME Bowl up the loaded salad and garnish with the remaining dill. Finish with a crack of black pepper and well done, Chef!