

***Grilled pork  
steak with rice  
and cabbage  
bunch***



***Ingredients:***

***400 grams Pork steak  
360 grams Rice  
240 grams Tomatoes  
120 grams Onion  
240 grams Bunch kale  
40 ml Olive oil***

***Method***

***Peel, wash and chop the onion.***

***Peel, wash and cut the tomatoes into small cubes.***

***Wash and cut the cabbage into strips thin bunch.***

***Place in a saucepan with onion, tomato and a little olive oil and let it cook a bit.***

***Then put the water and when boiling put the rice and cabbage bunch and cook on low heat.***

***Apart grill the pork steak seasoned to taste.***

***Serve in a dish of pork steak with rice bunch of kale.***



### *Nutritional analysis in relation to GDA\**

INGREDIENTS				
Pork (29%), White rice (26%), Tomatoes (17%), Curly kale (17%), Onions (9%), Olive oil (3%).				
NUTRITION INFORMATION				
Typical values	Per 100g	Per 350.0g Serving	Adult GDA	% GDA
<b>ENERGY</b>	721 kJ	2526 kJ		
	172 kcal	604 kcal	2000 kcal	30%
<b>PROTEIN</b>	8.8g	30.8g	45g	68%
<b>CARBOHYDRATE</b>	22.0g	76.9g	230g	33%
of which <b>SUGARS</b>	1.2g	4.3g	90g	5%
<b>FAT</b>	5.4g	18.9g	70g	27%
of which <b>SATURATES</b>	1.2g	4.2g	20g	21%
<b>FIBRE</b>	0.8g	2.9g	24g	12%
<b>SODIUM*</b>	0.0g	0.1g	2.4g	4%
*equivalent as <b>SALT</b>	0.1g	0.2g	6g	4%

*\*GDA: Guideline Daily Amount*