



UCOOK

Miso Pork Stir Fry

with soba noodles, slaw & charred pineapple

Miso with rice vinegar, soy, honey and mustard, and BAM...you have a sauce smothered, pork neck, soba noodle stir fry, with a crunchy slaw and juicy charred pineapple, finished with toasted sesame seeds and fresh chilli. The professionals call it an "umami tsunami".

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Alex Levett

 Easy Peasy

 Haute Cabrière | Chardonnay Pinot Noir

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Ingredients & Prep

20ml	White Sesame Seeds
20ml	Miso Paste
160ml	Asian Dressing <i>(80ml Honey, 40ml Low Sodium Soy Sauce, 20ml Red Wine Vinegar & 20ml Dijon Mustard)</i>
200g	Soba Noodles
6	Pineapple Rings
640g	Pork Neck Steak
4	Garlic Cloves <i>peeled & grated</i>
2	Fresh Chillies <i>deseeded & finely sliced</i>
600g	Shredded Cabbage & Julienne Carrot

From Your Kitchen

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

1. TOASTY Boil the kettle. Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Place the miso paste in a bowl, pour in the Asian dressing and whisk to combine

2. WE WANT NOODLES SO-BA(D) Fill a pot with boiling water, add a good pinch of salt, and place over a high heat. Once bubbling rapidly, cook the noodles for 6-8 minutes until tender. Drain on completion and run under cold water to stop the cooking process. Toss through some oil to prevent sticking.

3. CHAR Return the pan to a medium heat with a drizzle of oil. Char the pineapple rings for 2-3 minutes per side. Remove from the pan and cover to keep warm. Pat the pork neck steak dry with paper towel. Increase the heat to medium high, add another drizzle of oil if necessary. When hot, cook the pork for 4-6 minutes per side, depending on the thickness until cooked through and golden. Remove from the pan on completion and allow to rest for 5 minutes. Thickly slice and lightly season.

4. STIR & FRY Return the pan to a medium heat with a drizzle of oil. When hot, fry the grated garlic and the sliced chilli (to taste) for 1-2 minutes until fragrant. Add ½ of the shredded cabbage and julienne carrot and fry for 2-3 minutes until slightly wilted but still crunchy. Add the pork slices and the miso-Asian dressing, then let reduce slightly for 3-4 minutes. Toss through the soba noodles to heat through for 1-2 minutes. Place the remaining cabbage and carrot in a bowl with a drizzle of olive oil and seasoning.

5. TANOSHI Make a bed of the dressed slaw, top with loaded stir fry and drizzle over any sauce from the pan. Top with the charred pineapple rings, toasted sesame and any remaining fresh chilli. Tanoshī - enjoy!



Chef's Tip

Miso is a traditional Japanese seasoning made by fermenting soybeans. It's high in protein and vitamins and has a unique flavour profile with salty, sweet, earthy, fruity, and savory elements.

Nutritional Information

Per 100g

Energy	660kj
Energy	158Kcal
Protein	8.1g
Carbs	17g
of which sugars	8g
Fibre	1.5g
Fat	6.5g
of which saturated	2.1g
Sodium	275mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 2
Days