



QCOOK

Pork Kassler & Kimchi Cucumber Rice

with plumped edamame beans

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	732kj	3638kj
Energy	175kcal	870kcal
Protein	8.2g	40.6g
Carbs	16.9g	84.2g
of which sugars	1.3g	6.3g
Fibre	1.1g	5.5g
Fat	8.3g	41.3g
of which saturated	2.2g	10.9g
Sodium	458mg	2279mg

Allergens: Sulphites, Sesame, Soya, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice <i>rinse</i>
50g	100g	Kimchi
100g	200g	Cucumber <i>rinse & cut into bite-sized pieces</i>
30g	60g	Edamame Beans
30ml	60ml	Mayo
180g	360g	Pork Kassler Steak Chunks
10ml	20ml	Lemon Juice
3g	5g	Fresh Parsley <i>rinse & pick</i>
5ml	10ml	Black Sesame Seeds

From Your Kitchen

Seasoning (salt & pepper)

Water

Oil (cooking, olive or coconut)

1. KIMCHI RICE Boil the kettle. Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork, add the kimchi, the cucumber and seasoning. Cover and set aside.

2. PLUMP EDAMAME & MAYO Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside. Loosen the mayo with a splash of water until drizzling consistency.

3. CRISPY KASSLER Place a pan over high heat with a drizzle of oil. When hot, fry the kassler until crispy, 5-6 minutes (shifting occasionally). Remove from the pan, season and set aside. Alternatively, air fry at 200°C until crispy, 6-8 minutes (shifting halfway).

4. TIME TO DINE Make a bed of the kimchi rice, top with the crispy kassler, and the edamame beans. Drizzle over the mayo and the lemon juice (to taste). Garnish with the parsley and the seeds. Enjoy, Chef!

Chef's Tip Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.