



UCCOOK

Sticky Korean Pork Belly

with jasmine rice & charred green beans

This pork belly dish is a true flavour explosion! The pork is cooked to perfection and tossed in a sweet & savoury sticky Korean sauce. The jasmine rice is the perfect accompaniment to soak up all that deliciousness. Charred green beans add a nice smoky flavour to the dish. Sprinkled with toasted sesame seeds.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Fan Faves

 Creation Wines | Creation Pinot Noir

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Ingredients & Prep

100ml	Jasmine Rice <i>rinsed</i>
40g	Corn
5ml	Mixed Sesame Seeds
80g	Green Beans <i>rinsed & trimmed</i>
200g	Pork Belly Pieces <i>cut into bite-sized chunks</i>
50ml	Sticky Sauce <i>(5ml Gochujang, 20ml Mrs Balls Chutney, 10ml Tomato Sauce, 10ml Low Sodium Soy Sauce & 5ml Sesame Oil)</i>

From Your Kitchen

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

1. GOLD & WHITE Place the rinsed rice and the corn in a pot with 200ml of salted water. Cover 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 and cover.

2. SO SEEDY 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.

3. BEAN THERE Return the pan to medium-high heat with a drizzle of oil. When hot, add the trimmed green beans and fry until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

4. PORK BELLY Return the pan to medium-high heat. Pat the pork belly chunks dry with paper towel and lightly season. When the pan is hot, sear the pork chunks until browned and cooked through (the pork will render its own fat), 3-5 minutes per side. Remove from the heat, drain any excess oil, and toss through the sticky sauce and ½ the toasted sesame seeds.

5. ALL DONE! Dish up a bowl of loaded jasmine rice. Top with the charred green beans and the sticky pork belly. Spoon over any remaining sauce from the pan. Sprinkle over the remaining sesame seeds. Yummy, Chef!

Nutritional Information

Per 100g

Energy	882kJ
Energy	211kcal
Protein	9.6g
Carbs	21g
of which sugars	4.5g
Fibre	1.4g
Fat	9.6g
of which saturated	2.9g
Sodium	212mg

Allergens

Gluten, Sesame, Wheat, Sulphites,
Sugar Alcohol (Xylitol), Soy

Cook
within 2
Days