



UCOOK

Pork & Chicken Pot Sticker Stir-fry

with black sesame seeds

A simple yet totally delicious dinner! Pork & chicken pot stickers are tossed in a stir-fry of cabbage, carrot & onion wedges. Sprinkled with sesame seeds and spring onion.


Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 4 People

Chef: Thea Richter

 Quick & Easy

 Leopard's Leap | Sauvignon Blanc

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Ingredients & Prep

32	Pork & Chicken Potstickers <i>kept frozen</i>
235ml	Stir-fry Sauce <i>(80ml Low Sodium Soy Sauce, 125ml Peanut Butter & 30ml Lime Juice)</i>
2	Onions <i>peeled & cut into wedges</i>
240g	Carrot <i>grated</i>
400g	Cabbage <i>thinly sliced</i>
20ml	Black Sesame Seeds
2	Spring Onions <i>finely sliced</i>

From Your Kitchen

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

1. GETTIN' STEAMY Boil the kettle. Place a large nonstick pan (with a lid) over a medium-high heat with a drizzle of oil. When hot, add the frozen potstickers in a single layer, flat side down. You may need to do this step in batches. Without shifting or moving, leave potstickers to brown for 1-2 minutes or until the bases have browned. Reduce the heat and pour enough boiling water in the pan to cover the base. Cover with the lid and leave to steam for 5-6 minutes or until fully heated through. Remove from the pan on completion.

2. GET POT-STUCK IN! Loosen the stir-fry sauce with 200ml of water. Return the pan, wiped down if necessary, to a medium-high heat with a drizzle of oil. When hot, add the onion wedges and fry for 4-5 minutes until soft, shifting occasionally. Add the grated carrot and the sliced cabbage and fry for 3-4 minutes until slightly softened, shifting occasionally. Add the loosened stir-fry sauce and the fried pot stickers to the pan. Leave to simmer for 3-4 minutes until slightly reduced. Loosen with a splash of warm water if it's too thick. Season to taste.

3. DIG IN! Bowl up the saucy pot sticker stir-fry. Sprinkle over the sliced spring onion and the sesame seeds. Enjoy, Chef!

Nutritional Information

Per 100g

Energy	524kj
Energy	125kcal
Protein	4.1g
Carbs	17g
of which sugars	4.2g
Fibre	2.2g
Fat	4g
of which saturated	0.9g
Sodium	348mg

Allergens

Egg, Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Soy

Cook
within 1
Day