



UCCOOK

Korean BBQ Pork

with mushrooms, mung bean noodles & a sticky umami sauce


These succulent strips of pork are simmered in a thick, sticky Korean BBQ sauce. They're then tumbled with silky vermicelli and mushrooms fried in garlic, ginger, and chilli. Watch out, there'll be no holding back!


Hands-On Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Thandi Mamacos

 Easy Peasy

 Steenberg Vineyards | Steenberg 1682 Pinot Noir MCC

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Ingredients & Prep

15ml	Black Sesame Seeds
3 cakes	Mung Bean Vermicelli
150g	Edamame Beans
375g	Button Mushrooms <i>wiped clean & thickly sliced</i>
2	Fresh Chillies <i>deseeded & finely sliced</i>
3	Garlic Cloves <i>peeled & grated</i>
45g	Fresh Ginger <i>peeled & grated</i>
450g	Pork Schnitzel (without crumb)
212,5ml	Korean BBQ Sauce <i>(60ml Low Sodium Soy Sauce, 45ml Rice Wine Vinegar, 22,5ml Honey & 85ml Clarks Kitchen Asian BBQ Sauce)</i>

From Your Kitchen

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

1. BLACK SESAME SEEDS Boil a full kettle for step 2. Place a large, nonstick pan or wok over a medium heat. When hot, toast the seeds for 2-4 minutes until they begin to pop, shifting regularly. Remove from the pan on completion and set aside to cool.

2. SILKY NOODLES & PLUMP EDAMAME Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 6-8 minutes until cooked and glassy. Drain on completion and return to the bowl. Toss through some oil to prevent sticking and set aside. Submerge the edamame beans in boiling water and set aside to warm up.

3. GOLDEN MUSHIES Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms for 5-6 minutes until golden, shifting as they colour. In the final minute, mix in the sliced chilli to taste, the grated garlic, and the grated ginger. Shift continuously for the remaining time until combined and fragrant. Transfer to a bowl on completion, cover to keep warm, and set aside.

4. GLAZED BBQ PORK Pat the pork dry with paper towel and cut into 2cm thick strips. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the strips for 1-2 minutes per side until browned but not cooked through. You may need to do this step in batches. On completion, return all of the strips to the pan. Pour in the Korean BBQ sauce and toss until coated. Allow to simmer for 4-5 minutes until the sauce has thickened and the pork is cooked through, stirring occasionally. On completion, stir in the noodles and mushrooms until reheated and evenly distributed. Drain the water from the edamame beans.

5. SWEET, STICKY, SUBLIME Serve up a bowl of scrumptious Korean BBQ-style noodles. Finish off by garnishing with sprinklings of edamame beans and toasted sesame seeds. Good job, Chef!



Chef's Tip

Reserve any remaining chopped chilli and keep it in the fridge to use in another meal.

Nutritional Information

Per 100g

Energy	557kJ
Energy	133Kcal
Protein	9.5g
Carbs	19g
of which sugars	6.4g
Fibre	1.4g
Fat	1.9g
of which saturated	0.4g
Sodium	191mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 2
Days