



UCOOK

Satay Pork Skewers

with spring onion & fresh ginger

A bed of fluffy jasmine rice topped with juicy pork skewers, drizzled with homemade silky satay sauce, sided with fresh slaw, and sprinkled with spring onion. What a night!

Hands-on Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Kate Gomba

 Fan Faves

 Waterford Estate | Waterford Rose-Mary 2022

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

250g	Pumpkin Chunks <i>cut into bite-sized pieces</i>
2	Skewers
100ml	Jasmine Rice
10g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
42,5ml	Asian Sauce <i>(15ml Tamari, 10ml Rice Wine Vinegar, 7,5ml Lime Juice & 10ml Honey)</i>
30ml	Peanut Butter
150g	Pork Rump <i>cut into bite-sized chunks</i>
100g	Cabbage <i>thinly sliced</i>
1	Spring Onion <i>finely sliced</i>

From Your Kitchen

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

1. GOLDEN PUMPKIN Preheat the oven to 200°C. Spread out the pumpkin pieces on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. SOAKING STATION Place the skewers in a shallow dish, cover with water, and allow to soak for 10 minutes – this prevents them from burning when over the heat. Rinse the rice and place in a pot over a medium-high heat. Submerge in 225ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

3. SAUCY SATAY Place a small pot over a medium heat with a drizzle of oil. When hot, fry the grated ginger and the grated garlic for 1 minute, until fragrant, shifting constantly. Whisk in the Asian sauce, the peanut butter and 50ml of warm water. Reduce the heat and simmer for 2-3 minutes until thickened and saucy. Season to taste. Just before serving, add a splash of warm water if it's too thick.

4. SKEWERED Thread the pork chunks onto each skewer, making sure they are secure. Coat in oil and some seasoning. Place a pan over a medium-high heat. When hot, fry the skewers for 2-3 minutes per side until browned and cooked through. Remove from the pan, cover in tinfoil, and leave to rest for at least 5 minutes.

5. FLASH FRY Return the pan to a medium heat with a drizzle of oil. Add ½ the sliced cabbage and fry for 1-2 minutes, until slightly softened, shifting occasionally. Add the cooked rice and toss until fully combined. Season to taste.

6. ALMOST THERE... In a salad bowl, toss the remaining sliced cabbage with some olive oil and seasoning.

7. SATAY SUPPER Make a bed of rice. Top with the pork skewers and the roasted pumpkin, and drizzle over the satay sauce. Serve the slaw on the side and sprinkle over the sliced spring onion. Well done, Chef!

Nutritional Information

Per 100g

Energy	632kJ
Energy	151kcal
Protein	6.8g
Carbs	16g
of which sugars	3.6g
Fibre	1.9g
Fat	6.4g
of which saturated	1.8g
Sodium	217mg

Allergens

Allium, Peanuts, Sulphites, Soy

Cook
within 2
Days