

Eat Within 3 Days

Pork Kassler & Kimchi Cucumber Rice

with plumped edamame beans

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Waterford Estate | Waterford Pecan Stream Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	417kJ	1559kJ
Energy	100kcal	373kcal
Protein	9.1g	34.1g
Carbs	2g	8g
of which sugars	0.8g	3g
Fibre	0.8g	2.9g
Fat	6g	22.5g
of which saturated	2.5g	9.4g
Sodium	520mg	1942mg

Allergens: Sulphites, Sesame, Soya, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Jasmine Rice *rinse*
150g	200g	Kimchi
300g	400g	Cucumber *rinse & cut into bite-sized pieces*
90g	120g	Edamame Beans
90ml	125ml	Mayo
540g	720g	Pork Kassler Steak *cut into bite-sized pieces*
30ml	40ml	Lemon Juice
8g	10g	Fresh Parsley *rinse & pick*
15ml	20ml	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 600ml [800ml] 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. You may need to do this step in batches. 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.