



UCCOOK

Sesame-soy Pork Stir-fry

with toasted sesame seeds

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Carb Conscious: Serves 1 & 2

Chef: Suné van Zyl

Wine Pairing: Bertha Wines | Bertha Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	445kj	3172kj
Energy	106kcal	759kcal
Protein	5.2g	36.9g
Carbs	7g	49g
of which sugars	3.7g	26.5g
Fibre	1.9g	13.3g
Fat	6.1g	43.2g
of which saturated	1.9g	13.4g
Sodium	163mg	1164mg

Allergens: Gluten, Allium, Sesame, Wheat, Soy

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
5ml	10ml	Black Sesame Seeds
1	1	Onion <i>peel & roughly dice ½ [1]</i>
125g	250g	Button Mushrooms <i>wipe clean & roughly slice</i>
150g	300g	Pork Mince
10g	20g	Fresh Ginger <i>peel & grate</i>
1	2	Garlic Clove/s <i>peel & grate</i>
100g	200g	Cabbage
120g	240g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
50ml	100ml	Sesame-soy Dressing <i>(30ml [60ml] Low Sodium Soy Sauce, 10ml [20ml] Sesame Oil & 10ml [20ml] Coconut Sugar)</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. POPPIN' SEEDS Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. CAUSE A STIR Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 4-5 minutes (shifting occasionally). Add the mushrooms and the mince and work quickly to break up the mince as it starts to cook. Fry until browned, 3-4 [4-5] minutes (shifting occasionally). Add the ginger and the garlic. Fry until fragrant, 1-2 minutes (shifting constantly). Add the cabbage and the carrot. Fry until slightly softened but still crunchy, 1-2 minutes (shifting occasionally).

3. SOY GOOD Pour in the sesame-soy dressing. Loosen with a splash of water if too thick. Remove from the heat and season.

4. A GREAT PLATE Plate up the mince stir-fry and sprinkle over the sesame seeds.