



# UCOOK

## Satay Pork Kassler & Broccoli

with egg noodles & peanuts

Al dente egg noodles, browned kassler pork, and earthy broccoli are coated in a peanut butter-based sauce with a kick of chilli oil. Finish with a drizzle of zesty lime juice and toasted peanuts. Let's slay this satay, Chef!

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**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

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**Serves:** 3 People

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**Chef:** Morgan Offen

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 Quick & Easy

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 Groote Post Winery | Groote Post Chenin Blanc 2022

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## Ingredients & Prep

|         |                                  |
|---------|----------------------------------|
| 3 cakes | Egg Noodles                      |
| 540g    | Pork Kassler Chunks              |
| 90ml    | Peanut Butter                    |
| 300g    | Broccoli Florets<br><i>rinse</i> |
| 30ml    | Garlic Flakes                    |
| 6 units | Chilli Oil                       |
| 30ml    | Lime Juice                       |
| 30g     | Peanuts                          |

## From Your Kitchen

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

**1. OODLES OF NOODLES** Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain, reserving the pasta water, and rinse in cold water.

**2. PERFECT PORK** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the kassler chunks until crispy, 5-6 minutes (shifting occasionally). Remove from the pan and set aside.

**3. NOW FOR THE SATAY** While the kassler chunks are cooking, loosen the peanut butter with 300ml of the reserved pasta water. Place a second, large pan over medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the broccoli pieces until lightly charred, 6-8 minutes (shifting occasionally). Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season. Add the loosened peanut butter, the garlic flakes, and the chilli oil. If the sauce splits, loosen with more pasta water. Add the cooked noodles and the kassler chunks. Loosen with the remaining pasta water if it's too thick and season.

**4. SAVOUR THE FLAVOUR** Make a bed of the loaded satay goodness, drizzle over the lime juice (to taste), and sprinkle over the nuts. Enjoy, Chef!



## Chef's Tip

Place the chopped peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 979kj   |
| Energy             | 234kcal |
| Protein            | 13g     |
| Carbs              | 15g     |
| of which sugars    | 0.9g    |
| Fibre              | 1.9g    |
| Fat                | 13.3g   |
| of which saturated | 3.7g    |
| Sodium             | 474mg   |

## Allergens

Egg, Gluten, Allium, Peanuts, Wheat

Eat  
within 3  
Days