



# UCOOK

## Boschendal Miso Pork Skewers

with Asian-style sweet potato mash & roasted baby carrots

Rich and crispy pork belly is skewered and served with sweet potato mash flavoured with sesame oil and a dreamy sweet miso caramel sauce. Sided with roasted carrots and topped with black & white sesame seeds, this dish will have you smiling all through dinner!

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**Hands-On Time:** 30 minutes

**Overall Time:** 50 minutes

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**Serves:** 1 Person


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**Chef:** Boschendal Wines

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 Adventurous Foodie

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 Boschendal | 1685 Chardonnay

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## Ingredients & Prep

2	Wooden Skewers
250g	Sweet Potato <i>rinsed, peeled &amp; cut into bite-sized chunks</i>
7,5ml	Sesame Oil
120g	Baby Carrot <i>rinsed &amp; halved, keeping the stems intact</i>
200g	Pork Belly <i>rind removed (see Chef's Tip)</i>
20ml	Brown Sugar
20ml	Miso Paste
5ml	Mixed Sesame Seeds
4g	Fresh Coriander <i>rinsed &amp; picked</i>

## From Your Kitchen

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

**1. ASIAN-STYLE MASH** Preheat the oven to 200°C. 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). Place a pot of cold salted water over a high heat. Add the sweet potato chunks and bring to the boil. Once boiling, reduce the heat and simmer for 15-20 minutes until soft. Drain on completion and mash with a potato masher or fork until smooth. Then, stir through a splash of milk or water, a knob of butter (optional), and the sesame oil. Season to taste.

**2. ROASTED BABY CARROTS** Spread out the halved baby carrots on a roasting tray, coat in oil, and season. Roast in the hot oven for 15-20 minutes until cooked through and crisping up, shifting halfway.

**3. SUCCULENT PORK BELLY** Pat the pork belly dry with some paper towel. Cut into chunks and coat in oil. Thread the pork chunks onto the soaked skewers. Place a pan over a medium-high heat with a drizzle of oil. When hot, add the pork skewers and sear for 3-5 minutes per side, until browned and cooked through.

**4. STICKY MISO CARAMEL** Return the pan, wiped down if necessary, to a medium heat with the sugar. Leave to caramelise, swirling the pot occasionally, until the sugar has dissolved and is golden in colour. Carefully pour in 40ml of water. Whisk thoroughly until fully combined. Add the miso paste and mix until fully combined. Leave to cook for 2-3 minutes, until the caramel is smooth. Set aside to cool for a few minutes before plating.

**5. BELLY OF THE BEAST!** Plate up the succulent pork belly skewers and drizzle over the miso caramel. Serve alongside the sesame mash and roasted baby carrots. Sprinkle over the sesame seeds and the picked coriander. There you have it, Chef!



## Chef's Tip

Remove the rind from the pork belly using a sharp knife. Cut it into strips and roast in the hot oven for delicious crackling!

## Nutritional Information

Per 100g

Energy	615kJ
Energy	147Kcal
Protein	6.8g
Carbs	12g
of which sugars	6.3g
Fibre	1.6g
Fat	7.5g
of which saturated	2.3g
Sodium	8mg

## Allergens

Gluten, Sesame, Wheat, Soy

Cook  
within 2  
Days