



UCCOOK

Zingy Teriyaki Pork Skewers

with wild & brown rice

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Calorie Conscious: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info

	Per 100g	Per Portion
Energy	380kj	2017kj
Energy	91kcal	482kcal
Protein	8.7g	46.5g
Carbs	11g	56g
of which sugars	3g	15g
Fibre	2g	9g
Fat	1.5g	7.8g
of which saturated	0.4g	1.9g
Sodium	239mg	1272mg

Allergens: Sulphites, Gluten, Wheat, Soya, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
40ml	80ml	Brown & Wild Rice <i>rinse</i>
150g	300g	Pork Fillet <i>pat dry & cut into 1cm thick pieces</i>
25ml	50ml	Zingy Teriyaki <i>(20ml [40ml] Teriyaki Sauce & 5ml [10ml] Orange Juice)</i>
2,5ml	5ml	Dried Chilli Flakes
1	1	Onion <i>peel & cut ½ [1] into bite-sized pieces</i>
3	6	Wooden Skewers
120g	240g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
40g	80g	Green Leaves <i>rinse & finely shred</i>
50g	100g	Edamame Beans
15ml	30ml	Rice Seasoning <i>(10ml [20ml] Rice Wine Vinegar & 5ml [10ml] Low Sodium Soy Sauce)</i>
3g	5g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

Cooking Spray
Seasoning (salt & pepper)
Water

1. LOADED RICE Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary).

2. TASTY TERIYAKI PORK Coat the pork with the zingy teriyaki, chilli flakes (to taste), and seasoning. Set aside to marinate for 10-15 minutes. Thread ½ of the onion and pork chunks onto the skewers until all are filled. Place a pan over a high heat and lightly spray with cooking spray. When hot, sear the skewers until browned, 3-4 minutes per side. In the final 30–60 seconds, deglaze the pan with any remaining zingy marinade. Remove from the pan and set aside.

3. ALL TOGETHER Return the pan to medium heat. Add the carrot and remaining onion and lightly coat with cooking spray. Fry until lightly charred but still crunchy, 3-4 minutes (shifting occasionally). In the final minute, add the green leaves, edamame beans, cooked rice, and the rice seasoning.

4. DINNER IS READY Make a bed of the loaded rice, top with the pork skewers, and sprinkle over the parsley. Well done, Chef!