



U C O O K

— COOKING MADE EASY

Scrummy Sesame Pork Stir Fry

with egg noodles, edamame beans & pickled ginger

It's hard to beat the deliciousness that sesame-crusted pork brings to the table! Seared in a coating of mixed sesame seeds, laid over sticky, stir-fried veg and egg noodles, and garnished with coriander, pickled ginger, and punchy sriracha. Yes please!

Hands-On Time: 35 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 **Easy Peasy**

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Ingredients & Prep

1 cake	Egg Noodles
40g	Edamame Beans
50ml	Mixed Sesame Seeds
150g	Pork Schnitzel (without crumb)
1	Onion <i>one half peeled & finely sliced</i>
5ml	NOMU Oriental Rub
75g	Shredded Cabbage & Julienne Carrot
45ml	Stir Fry Sauce <i>(30ml Indonesian Soy Sauce, 7.5ml Soy Sauce & 7.5ml Rice Wine Vinegar)</i>
20g	Pickled Ginger <i>drained & roughly sliced</i>
15ml	Sriracha
3g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. GET THE NOODLES GOING Boil the kettle. Place a pot for the noodles over a medium-high heat. Fill with boiling water and add a pinch of salt, and bring back up to the boil. Once boiling rapidly, cook the noodles for 7-8 minutes until al dente. In the final minute, add the edamame beans to the pot to heat through. Drain on completion, and toss through some oil to prevent sticking.

2. TOASTED SESAMES Place 1 tsp of sesame seeds in a nonstick pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. CRUNCH UP THAT PORK Place the remaining sesame seeds in a shallow dish. Coat the pork in seeds, pressing them into the meat so they stick and coat evenly. Return the pan to a medium-high heat with enough oil to cover the base. When hot, pan fry the pork for 1-2 minutes per side until golden and cooked through. Remove from the pan on completion and set aside to drain on some paper towel. Cover to keep warm until serving.

4. STIR FRY TIME Wipe down the pan if necessary, and return it to a medium-high heat with another drizzle of oil. When hot, fry the sliced onion for 2-3 minutes until soft and translucent, shifting occasionally. Add the Oriental Rub to taste and sauté for 30-60 seconds until fragrant. Add the cabbage and carrot and fry for 1-2 minutes until wilted but still crunchy. Pour in the stir fry sauce and add in the cooked noodles and edamame beans. Stir for 1-2 minutes until the noodles are warmed through and the sauce is sticky. Remove from the heat and season to taste.

5. SWEET & SPICY SUPPER! You may either slice up your pork or keep it whole! Dish up a bowl of sticky stir fry and top with the sesame-crusted pork. Scatter over the sliced pickled ginger and drizzle over the sriracha to taste. Garnish with the fresh, chopped coriander and the toasted sesame seeds. Well done, Chef!



Chef's Tip

You can use a wok for this recipe if you have one. The best thing about a wok is that it distributes heat more evenly and so requires less oil. It also ensures that food tossed during stir frying lands back in the pan and not all over the stove!

Nutritional Information

Per 100g

Energy	698kJ
Energy	167Kcal
Protein	11.2g
Carbs	14g
of which sugars	2.2g
Fibre	2.6g
Fat	7.1g
of which saturated	1.2g
Sodium	252mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 2
Days