



# U C O O K

— COOKING MADE EASY

## KOREAN BBQ PORK

with button mushies, edamame & mung bean noodles

Aromatic strips of pork, lathered in a sticky Korean BBQ sauce, tumbled with silky vermicelli and mushrooms pan fried in fresh garlic, ginger, and chilli. Watch out, there'll be no holding back!

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**Hands-On Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 2 People

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**Chef:** Thandi Mamacos

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 **Easy Peasy**

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## Ingredients & Prep

10ml	Black Sesame Seeds
250g	Button Mushrooms <i>thickly sliced</i>
1	Fresh Chilli <i>deseeded &amp; finely chopped</i>
30g	Fresh Ginger <i>peeled &amp; grated</i>
2	Garlic Clove <i>peeled &amp; grated</i>
2	Mung Bean Noodles
100g	Edamame Beans
300g	Pork Schnitzel
145ml	Korean BBQ Sauce <i>(40ml Soy Sauce, 30ml Rice Wine Vinegar, 15ml Honey &amp; 60ml Clarke's Asian BBQ Sauce)</i>

## From Your Kitchen

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

**1. BLACK SESAME SEEDS** Place the black sesame seeds in a nonstick pan over a medium heat. Toast for 2-4 minutes until they begin to pop, shifting regularly. Remove from the pan on completion and set aside to cool.

**2. PAN FRY THE MUSHIES** Boil the kettle. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms for 4-5 minutes until becoming golden. In the final minute, add the chopped chilli (to taste), the grated garlic, and the grated ginger. Shift continuously for the remaining time until combined and fragrant. Remove from the pan on completion and place in a bowl. Cover to keep warm and set aside.

**3. WARM NOODLES & EDAMAME** Using a shallow bowl, submerge the noodles in boiling water with a pinch of salt. Cover with a plate and set aside to soak for 6-8 minutes until cooked through and glassy. Taste to test, drain on completion, and return to the bowl. Toss through some oil to prevent sticking and set aside. Submerge the edamame beans in boiling water and set aside to keep warm until serving.

**4. BBQ PORK** Pat the pork schnitzels dry with some paper towel and cut into 2cm thick strips. Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the pork strips for 1-2 minutes per side until golden and cooked through. On completion, add in the Korean BBQ Sauce and toss to coat. Allow to simmer for 2-3 minutes until the sauce has thickened.

**5. FINISH UP** Once the sauce has finished simmering, add the cooked mushrooms and noodles to the pan and stir for about a minute until reheated and coated in sauce. Remove from the heat on completion. Drain the heated edamame beans.

**6. BOWL UP** Serve up a bowl of delish Korean BBQ-style pork and noodles. Finish off by garnishing with the edamame beans and a sprinkling of toasted sesame seeds. Good job, Chef!



## Chef's Tip

Reserve any remaining chopped chilli and keep it in the fridge to use in another meal.

## Nutritional Information

Per 100g

Energy	571kJ
Energy	137Kcal
Protein	9.6g
Carbs	17g
of which sugars	3.5g
Fibre	1.5g
Fat	3.1g
of which saturated	0.6g
Sodium	330mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Soy

Cook  
within 2  
Days