



UCOOK

Caramelised Pork Chow Mein

with button mushrooms, egg noodles & hoisin sauce

Are you ready to chow down on a delicious pork chow mein? Then get your Chef's hat on, your pans ready, and let's cook! You can look forward to a final result that combines al dente egg noodles, a rich sesame soy sauce, caramelised pork mince, and layers of button mushrooms and cabbage with a warming undertone of fresh ginger.

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Rhea Hsu

 Fan Faves

 Waterkloof | False Bay Chardonnay

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Ingredients & Prep

1 cake	Egg Noodles
7,5ml	White Sesame Seeds
100g	Button Mushrooms <i>quartered</i>
10g	Fresh Ginger <i>peeled & grated</i>
150g	Pork Mince
50ml	Hoisin Sauce
1	Onion <i>½ peeled & roughly sliced</i>
100g	Cabbage <i>roughly chopped</i>
40g	Pickled Bell Peppers <i>drained & roughly sliced</i>
17,5ml	Sesame Soy <i>(15ml Low Sodium Soy Sauce & 2,5ml Sesame Oil)</i>
4g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

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

1. OODLES OF NOODLES Boil the kettle. Fill a pot for the noodles with boiling water, add a pinch of salt, and place over a medium-high heat. Once boiling, cook the noodles for 7-8 minutes until al dente. Drain and toss through some oil to prevent sticking.

2. OPEN SESAME Place the sesame seeds in a pan (large enough for the stir-fry) over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside.

3. MAKE MINCEMEAT OF THIS RECIPE Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the quartered mushrooms for 4-5 minutes until golden, shifting as they colour. Add an extra drizzle of oil to the pan, if necessary. Add the grated ginger and the pork mince and work quickly to break it up as it starts to cook. Caramelize for 4-5 minutes, shifting occasionally. Add the hoisin sauce and ½ the toasted sesame seeds. Remove from the pan and set aside.

4. FINISH THE MEIN MEAL Return the pan, wiped down, to a medium-high heat with a drizzle of oil. When hot, fry the sliced onion for 5-6 minutes until soft and browned, shifting occasionally. Add the chopped cabbage and fry for 1-2 minutes until cooked but still al dente, shifting occasionally. Add the sliced pickled pepper, the cooked noodles, and the sesame soy. Remove from the heat and toss until combined. Stir through the hoisin mince mixture and season to taste (if necessary).

5. FINAL TOUCHES Plate up the pork chow mein. Sprinkle over the remaining sesame seeds and garnish with the picked coriander. Cheers, Chef!

Nutritional Information

Per 100g

Energy	645kJ
Energy	154kcal
Protein	6.9g
Carbs	16g
of which sugars	6.5g
Fibre	1.2g
Fat	6.7g
of which saturated	2.3g
Sodium	463mg

Allergens

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

Cook
within 1
Day