



# 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:** 45 minutes

**Overall Time:** 55 minutes

---

**Serves:** 4 People

---

**Chef:** Rhea Hsu

---

 Fan Faves

---

 Waterkloof | False Bay Chardonnay

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

---

4 cakes	Egg Noodles
30ml	White Sesame Seeds
400g	Button Mushrooms <i>quartered</i>
40g	Fresh Ginger <i>peeled &amp; grated</i>
600g	Pork Mince
200ml	Hoisin Sauce
2	Onions <i>peeled &amp; roughly sliced</i>
400g	Cabbage <i>roughly chopped</i>
160g	Pickled Bell Peppers <i>drained &amp; roughly sliced</i>
70ml	Sesame Soy <i>(60ml Low Sodium Soy Sauce &amp; 10ml Sesame Oil)</i>
15g	Fresh Coriander <i>rinsed &amp; 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 5-6 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 6-7 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 6-7 minutes until soft and browned, shifting occasionally. Add the chopped cabbage and fry for 2-3 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