

UCOOK

Asian Pork Noodle Bowl

with black sesame seeds & cabbage

Ribbons of carrot, strings of al dente egg noodles, & thin strips of NOMU Oriental Rub-spiced buttery pork are intertwined with crunchy cabbage, & fresh chilli. Everything is coated in an umami-rich tangy fish sauce and dotted with black sesame seeds. It's culinary art on a plate, Chef!

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Kate Gomba

Simple & Save

Laborie Estate | Laborie Chardonnay

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



Ingredients & Prep

3 cakes	Egg Noodles
2	Garlic Cloves <i>peel & grate</i>
60ml	Tangy Fish Sauce <i>(15ml Fish Sauce & 45ml Rice Wine Vinegar)</i>
450g	Pork Schnitzel (without crumb)
15ml	NOMU Oriental Rub
200g	Cabbage <i>rinse & thinly slice ¾</i>
240g	Carrot <i>rinse, trim & peel into ribbons</i>
2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>
15ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel
Butter

1. NOODLES Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

2. DRESSING Place a pan over a medium heat with a drizzle of oil and a knob of butter. When hot, fry the grated garlic until fragrant, 30-60 seconds. Pour in the tangy fish sauce, 6 tbsp of water, and a sweetener (to taste). Mix to combine and remove from the pan.

3. PORK Return the pan to medium-high heat with a drizzle of oil and a knob of butter (optional). Pat the schnitzel dry with paper towel and coat with the NOMU rub. When hot, sear the schnitzel until browned, 30-60 seconds per side. Remove from the pan and season. You may need to do this step in batches. Cut into thin strips.

4. CABBAGE Return the pan, wiped down if necessary, with a drizzle of oil. When hot, fry the sliced cabbage until slightly wilted but still crunchy, 2-3 minutes. Remove from the pan and season.

5. JUST BEFORE SERVING In a salad bowl, combine the carrot ribbons, the noodles, the cabbage, the pork strips, a drizzle of olive oil, and seasoning.

6. TIME TO EAT Dish up the noodle salad, drizzle over the dressing, and scatter over the sliced chilli (to taste). Sprinkle over the sesame seeds and dig in, Chef!

Nutritional Information

Per 100g

Energy	505kJ
Energy	121kcal
Protein	9.7g
Carbs	15g
of which sugars	2.3g
Fibre	1.6g
Fat	2.1g
of which saturated	0.6g
Sodium	172mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Fish, Cow's Milk, Shellfish

Eat
Within
2 Days