



# UCOOK

## Miso Pork Lettuce Wraps

with sushi rice & spicy pickled cucumber

Miso marinated pork kassler slices, sushi rice, and spicy pickled cucumber wrapped up in lettuce cups. Drizzled in sticky miso sauce and garnished with toasted black sesame seeds and fresh coriander. A divine dinner awaits!

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**Hands-On Time:** 30 minutes

**Overall Time:** 40 minutes


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**Serves:** 1 Person


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**Chef:** Alex Levett

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 Easy Peasy

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 No paired wines

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## Ingredients & Prep

75ml	Sushi Rice
180g	Pork Kassler Loin Steak
15ml	Miso Paste
25ml	Sake
50g	Cucumber <i>finely sliced into half-moons</i>
2,5ml	Dried Chilli Flakes
45ml	Pickling Liquid <i>(30ml Rice Wine Vinegar &amp; 15ml Honey)</i>
7,5ml	Black Sesame Seeds
40g	Green Leaves <i>rinsed</i>
4g	Fresh Coriander <i>rinsed, picked &amp; roughly chopped</i>

## From Your Kitchen

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

**1. RICE, RICE BABY!** Rinse the sushi rice under cold water until it runs clear - this prevents the rice from becoming stodgy. Place in a lidded pot, over a medium-high heat with 250ml of fresh, salted water. Once boiling, reduce the heat and simmer for 15-20 minutes until the water has been absorbed and the rice is tender. On completion, remove from the heat and fluff up with a fork.

**2. MARINATE TIME** Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat of the pork kassler to prevent the meat from buckling during frying. In a bowl, whisk the miso paste, the sake and 10ml of a sweetener of choice. Add the pork kassler to the miso mixture and toss to combine. Set aside to marinate.

**3. IN A PICKLE** In a bowl, add the cucumber half-moons, the chilli flakes (to taste), the pickling liquid and some seasoning. Mix to combine and set aside to pickle.

**4. TOASTY SESAME** Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until they begin to pop, shifting regularly. Remove from the pan on completion.

**5. FRYING FRENZY** Return the pan to a medium-high heat with a drizzle of oil. When hot, remove the kassler from the marinade and sear fat-side down for 3-5 minutes until the fat becomes rendered and crispy. Then, fry for 3-4 minutes per side until cooked through and charred. Remove from the pan and slice into strips. Return the pan, wiped down, to a medium heat with the remaining marinade and 50ml of water. Simmer for 3-4 minutes until reduced and thickened. Remove from the pan and place in a bowl.

**6. PLATE IT UP!** Prepare your lettuce wrap station: charred miso pork slices, the rinsed green leaves, the bowl of the miso marinade sauce, the sushi rice, the pickled spicy cucumbers, the toasted sesame seeds, and the rinsed coriander leaves. Load up your lettuce cups any way you like. Enjoy!



## Chef's Tip

If you would like less sodium in your meal, rinse the pork kassler with water before adding to the marinade.

## Nutritional Information

Per 100g

Energy	691kJ
Energy	165Kcal
Protein	8.8g
Carbs	18g
of which sugars	4.6g
Fibre	0.8g
Fat	5.8g
of which saturated	2.3g
Sodium	530mg

## Allergens

Sesame, Sulphites, Alcohol, Soy

Cook  
within  
4 Days