



UCCOOK

Satay Pork Kassler & Broccoli

with egg noodles & peanuts

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Morgan Otten

Wine Pairing: Neil Ellis Wines | Neil Ellis Wild Flower Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	969kJ	3970kJ
Energy	232kcal	950kcal
Protein	13g	53.3g
Carbs	15g	63g
of which sugars	0.9g	3.7g
Fibre	1.9g	7.7g
Fat	13g	53.3g
of which saturated	3.6g	14.9g
Sodium	476mg	1949mg

Allergens: Cow's Milk, Egg, Gluten, Allium, Peanuts, Wheat

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
1 cake	2 cakes	Egg Noodles
180g	360g	Pork Kassler Chunks
30ml	60ml	Peanut Butter
100g	200g	Broccoli Florets <i>rinse</i>
10ml	20ml	Garlic Flakes
2 units	4 units	Chilli Oil
10ml	20ml	Lime Juice
10g	20g	Peanuts <i>roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Butter (optional)
Seasoning (salt & pepper)
Paper Towel

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

2. PERFECT PORK Place a pan over medium-high heat with a drizzle of oil. When hot, fry the kassler chunks until crispy, 5-6 minutes (shifting occasionally). Remove from the pan and set aside.

3. NOW FOR THE SATAY While the kassler chunks are cooking, loosen the peanut butter with 100ml [200ml] of the reserved pasta water. Place a second, large pan over medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the broccoli until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season. Add the loosened peanut butter, the garlic flakes, and the chilli oil. If the sauce splits, loosen with more pasta water. Add the cooked noodles and the kassler chunks. Loosen with the remaining pasta water if it's too thick and season.

4. SAVOUR THE FLAVOUR Make a bed of the loaded satay goodness, drizzle over the lime juice (to taste), and sprinkle over the nuts. Enjoy, Chef!

Chef's Tip Place the peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.