



# UCOOK

## Sesame-soy Pork Stir-fry

with toasted sesame seeds

Feeling the hunger pangs, Chef? Whip up this fuss-free stir-fry in no time, with golden pork mince, silky onion, carrot matchsticks, crunchy cabbage, & toasted sesame seeds. Infuse the dish with loads of umami with a very special sesame-soy dressing, grab the chopsticks, and savour away!

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 3 People

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**Chef:** Suné van Zyl

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Carb Conscious

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Bertha Wines | Bertha Shiraz 2021

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## Ingredients & Prep

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15ml	Black Sesame Seeds
2	Onions <i>peel &amp; roughly dice 1½</i>
450g	Pork Mince
30g	Fresh Ginger <i>peel &amp; grate</i>
3	Garlic Cloves <i>peel &amp; grate</i>
300g	Cabbage
360g	Carrot <i>rinse, trim, peel &amp; cut into thin matchsticks</i>
150ml	Sesame-soy Dressing <i>(90ml Low Sodium Soy Sauce, 30ml Sesame Oil &amp; 30ml Brown Sugar)</i>

## From Your Kitchen

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

**1. POPPIN' SEEDS** Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**2. CAUSE A STIR** Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 6-7 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the grated ginger and the grated garlic. Fry until fragrant, 1-2 minutes (shifting constantly). Add the shredded cabbage and the carrot matchsticks. Fry until slightly softened but still crunchy, 2-3 minutes (shifting occasionally).

**3. SOY GOOD** Pour in the sesame-soy dressing. Loosen with a splash of water if too thick. Remove from the heat and season.

**4. A GREAT PLATE** Plate up the mince stir-fry and sprinkle over the toasted sesame seeds.

## Nutritional Information

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Per 100g

Energy	442kj
Energy	106kcal
Protein	5.1g
Carbs	7g
of which sugars	3.8g
Fibre	1.7g
Fat	6g
of which saturated	1.9g
Sodium	162mg

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## Allergens

Gluten, Allium, Sesame, Wheat, Soy

Eat  
Within  
1 Day