



UCOOK

Plum Glazed Pork

with edamame beans, red rice & cashew nuts

Here we have the Asian-inspired, plum-glazed pork fillet of your dreams! Fragrant red rice and a colourful pow of edamame slaw will leave you in absolute taste bliss. Sprinkles of creamy cashews and spring onion round it out magnificently – truly a new foodie favourite!

Hands-On Time: 25 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Megan Bure

♥ Health Nut

Haute Cabrière | Pierre Jourdan Belle Nectar
Demi-Sec Rosé

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Ingredients & Prep

225ml	Red Rice
15ml	Vegetable Stock
150g	Edamame Beans
85ml	The Larder Plum Ketchup
30g	Fresh Ginger <i>peeled & grated</i>
45ml	Low Sodium Soy Sauce
45ml	Lime Juice
45g	Cashew Nuts
3	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
300g	Shredded Cabbage & Julienne Carrot
8g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>
450g	Pork Fillet

From Your Kitchen

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

1. BOUNCY RED RICE Boil the kettle. Rinse the rice and place in a pot with 600ml of salted water. Pop on a lid and place over a medium heat. Once boiling, reduce the heat and simmer for 30-35 minutes until the water has been absorbed. If it starts to dry out, add more water in small increments to continue cooking. On completion, it should be tender but bouncy. Remove from the heat and drain if necessary. Cover with the lid and set aside. Dilute the vegetable stock with 70ml of boiling water.

2. BEANS & GLAZE Place the edamame beans in salted boiling water for 3-4 minutes until plumped up. Drain on completion and set aside. In a bowl, combine the Plum Ketchup, grated ginger, diluted vegetable stock, soy sauce, and ½ of the lime juice.

3. TOASTY NUTS Place the cashews in a pan, large enough for the pork, over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

4. TANGY SLAW In a bowl, add the plumped edamame beans, white spring onion slices, shredded cabbage and carrot, ½ of the chopped coriander, and the remaining lime juice. Mix to combine, drizzle with olive oil, and season.

5. STICKY PORK Return the pan to a medium-high heat with a drizzle of oil. Pat the pork fillets dry with paper towel. When the pan is hot, sear the pork for 4-5 minutes until cooked through and golden, shifting and turning as it colours. Add in the Plum Ketchup sauce mix and bring to a simmer for 3-4 minutes until slightly reduced and sticky. (If you would like the sauce even stickier, remove the pork from the pan and allow the glaze to reduce for a further minute - but be careful not to burn or over reduce the glaze!) On completion, remove from the heat, season to taste, and allow the pork to rest for 3 minutes. Thinly slice the pork fillet and toss the slices through the glaze.

6. HEALTH IS WEALTH Plate up a mound of steaming red rice and lay the saucy pork slices on top. Side with the tangy edamame bean slaw. Don't forget to drizzle over the remaining plum glaze sauce and scatter with the green spring onion slices, the remaining chopped coriander, and toasted cashew nuts. Time for indulgence, Chef!



Chef's Tip

To reduce the cooking time of the red rice, you can soak it 2 hours before cooking it or overnight and discard the water.

Nutritional Information

Per 100g

Energy	554kJ
Energy	133Kcal
Protein	9.4g
Carbs	20g
of which sugars	5.8g
Fibre	3.2g
Fat	3g
of which saturated	0.6g
Sodium	305mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Cook
within 2
Days