



UCOOK

Sticky Korean Pork Belly

with jasmine rice & charred green beans

A lick-your-fork-clean sticky sauce, featuring spicy gochujang & Mrs Balls Chutney, coats browned pork dotted with sesame seeds. Served with fluffy jasmine rice, delicious green beans, a radish, coriander & cucumber salad and drizzles of Kewpie mayo.

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Kate Gomba

Adventurous Foodie

Strandveld | Grenache

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Ingredients & Prep

100ml	Jasmine Rice <i>rinse</i>
5ml	Mixed Sesame Seeds
10g	Cashew Nuts <i>roughly chop</i>
80g	Green Beans <i>rinse</i>
50g	Cucumber <i>rinse & cut into rounds</i>
20g	Radish <i>rinse & slice into rounds</i>
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>
40ml	Kewpie Mayo
200g	Pork Belly Pieces <i>cut into bite-sized chunks</i>
50ml	Sticky Sauce <i>(5ml Gochujang, 20ml Mrs Balls Chutney, 10ml Tomato Sauce, 10ml Low Sodium Soy Sauce & 5ml Sesame Oil)</i>

From Your Kitchen

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

1. READY THE RICE Place the rinsed rice in a pot with 200ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. SEEDS & NUTS Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium heat with the chopped cashews. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside separately from the sesame seeds.

3. BEAN THERE Return the pan to medium-high heat with a drizzle of oil. When hot, add the rinsed green beans and fry until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

4. PEPPERY SALAD Place the cucumber and radish into a bowl and toss with ½ the chopped coriander, a drizzle of olive oil and seasoning. Set aside. Loosen the mayo with water in 5ml increments until drizzling consistency. Set aside.

5. PORK BELLY Return the pan to medium-high heat. Pat the pork belly chunks dry with paper towel and lightly season. When the pan is hot, sear the pork chunks until browned and cooked through (the pork will render its own fat), 3-5 minutes per side. Remove from the heat, drain any excess oil, and toss through the sticky sauce and ½ the toasted sesame seeds.

6. ALL DONE! Dish up a bowl of jasmine rice. Top with the charred green beans and the sticky pork belly. Spoon over any remaining sauce from the pan. Serve the radish & cucumber salad alongside. Drizzle over the loosened mayo. Sprinkle over the remaining sesame seeds and coriander and the toasted cashews. Yummy, Chef!

Nutritional Information

Per 100g

Energy	1430kj
Energy	342kcal
Protein	5.5g
Carbs	18g
of which sugars	3.8g
Fibre	1.3g
Fat	22.3g
of which saturated	7.5g
Sodium	166mg

Allergens

Egg, Gluten, Sesame, Wheat, Sulphites,
Sugar Alcohol (Xylitol), Tree Nuts, Soy

Eat
Within
2 Days