

UCOOK

Sesame-Crusted Tonkatsu Pork

**with sweet potato bites, crispy kale & a
sticky apricot sauce**

Succulent pork fillet, pan fried in a crunchy sesame seed crust and doused in a Japanese tonkatsu sauce made from tamari, honey, and apricots – perfect for enhancing the flavour of pork! With sides of pickled cucumber and crisp roast veg.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney

 Health Nut

 Steenberg Vineyards | Semillon

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Ingredients & Prep

20g	Dried Apricots
250g	Sweet Potato <i>rinsed & cut into bite-sized chunks</i>
50g	Cucumber <i>peeled into ribbons or sliced into thin half-moons</i>
1	Lemon <i>½ cut into wedges</i>
50g	Kale <i>rinsed & roughly shredded</i>
42,5ml	Tamari-Sesame Sauce <i>(22,5ml Tamari, 12,5ml Honey & 7,5ml Sesame Oil)</i>
65ml	White Sesame Seeds
150g	Pork Fillet
3g	Fresh Parsley <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. START YOUR ROAST Preheat the oven to 200°C. Boil the kettle. Place the apricots in a bowl, submerge in 125ml of boiling water, and set aside to rehydrate for at least 10 minutes. Spread out the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. PICKLE THE CUCUMBER & SOFTEN THE KALE Place the cucumber ribbons in a bowl with some lemon juice to taste, a small splash of water, and a pinch of salt. Toss to coat and set aside to pickle. Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, massage until softened and coated. Set aside for step 4.

3. STICKY SAUCE Drain the apricots, reserving the water, and roughly chop. Place a saucepan over a medium heat with a drizzle of oil or knob of butter (optional). When hot, fry the apricots for 1 minute, shifting constantly. Stir in the tamari-sesame sauce and the reserved apricot water. Once simmering, lower the heat slightly and allow to reduce for 8-10 minutes until the sauce is sticky and the apricots are soft. Season to taste, remove the pan from the heat, and cover to keep warm until serving.

4. WHILE THE SAUCE IS REDUCING... When the sweet potato has 8-10 minutes remaining, scatter the kale over the tray and return to the oven for the remaining roasting time until crispy.

5. COAT & FRY THE PORK Place the sesame seeds in a shallow dish. Pat the pork dry with paper towel and slice into 2 rounds of 2-3cm thick. Season lightly and coat in the seeds, pressing them into the flesh so they stick. Place a nonstick pan over a medium-high heat with enough oil to cover the base. When hot, fry the sesame-crusting pork for 2-3 minutes per side until golden but not cooked through. Transfer to a lightly greased roasting tray and pop in the oven for 2-3 minutes until cooked through to your preference. Remove on completion and allow to rest in the tray for 5 minutes before serving.

6. TONKATSU TIME Dish up the crispy kale and nuggets of roast sweet potato alongside the sesame-crusting pork. Decorate with the tangy pickled cucumber and drizzle over the tonkatsu sauce. Garnish with the chopped parsley, serve with a lemon wedge on the side, and get ready to tuck in!

Nutritional Information

Per 100g

Energy	569kJ
Energy	136Kcal
Protein	8.3g
Carbs	13g
of which sugars	6.6g
Fibre	2.5g
Fat	5.6g
of which saturated	1g
Sodium	239mg

Allergens

Sesame, Sulphites, Soy

Cook
within 2
Days