

UCCOOK

Kung Pao Pork & Cauli Rice

with a pickled pepper & cucumber salad


Pork strips are marinated in a delicious sweet, salty and spicy concoction before being pan fried to tender, sticky perfection. Served with fluffy homemade cauliflower rice and a zingy pickled pepper & cucumber salad, balance and flavour are the names of the game in this amazing dish!


Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Ella Nasser

 Carb Conscious

 Boschendal | 1685 Chardonnay

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Ingredients & Prep

60ml	Low Sodium Soy Sauce
15ml	Dried Chilli Flakes
2	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
30ml	Sesame Oil
65ml	Hoisin Sauce
450g	Pork Schnitzel (without crumb) <i>cut into strips</i>
600g	Cauliflower Florets
60g	Pickled Bell Peppers <i>drained & roughly chopped</i>
300g	Cucumber <i>roughly diced</i>
15ml	White Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Blender (optional)

1. FIND THE SAUCE In a bowl, combine the soy sauce, the chilli flakes (to taste), the spring onion whites, the sesame oil, the hoisin sauce, a sweetener of choice (to taste), and seasoning. Add the pork strips and toss until fully coated. Set aside to marinate for at least 5-10 minutes.

2. CAULI RICE Grate the cauliflower florets. Alternatively, pulse in a blender or food processor until it resembles rice. Place a pan, with a lid, over a high heat with a drizzle of oil. When hot, fry the cauli rice for 10-12 minutes, shifting occasionally, until softened. In the final 5 minutes, cover with the lid. Remove from the pan on completion and place in a bowl. Season to taste, cover to keep warm, and set aside for serving.

3. FRY DAY Return the pan to a high heat with a drizzle of oil. When hot, remove the pork strips from the marinade, reserving the marinade in the bowl, and pan-fry for 30-60 seconds per side until golden and cooked through. You may have to do this step in batches. In the final minute, return all the pork to the pan and baste in the reserved marinade. Season to taste.

4. QUICK SALAD In a bowl, combine the chopped pickled peppers, the diced cucumber, a drizzle of oil and seasoning.

5. WOW, WOW KING PAO! Plate up a hearty helping of the cauli rice and smother in the saucy Kung Pao pork strips. Drizzle over any remaining sauce from the pan. Sprinkle over the sesame seeds and the spring onion greens. Serve the zingy pepper & cucumber salad on the side. Kung-Wow, Chef!

Nutritional Information

Per 100g

Energy	347kJ
Energy	83Kcal
Protein	7.6g
Carbs	5g
of which sugars	3.1g
Fibre	1.2g
Fat	3.4g
of which saturated	0.7g
Sodium	3mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 2
Days