

# 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.

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**Hands-On Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Tess Witney

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 Health Nut

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 Steenberg Vineyards | Semillon

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## Ingredients & Prep

60g	Dried Apricots
750g	Sweet Potato <i>rinsed &amp; cut into bite-sized chunks</i>
150g	Cucumber <i>peeled into ribbons or sliced into thin half-moons</i>
2	Lemons <i>1½ cut into wedges</i>
150g	Kale <i>rinsed &amp; roughly shredded</i>
125ml	Tamari-Sesame Sauce <i>(65ml Tamari, 37,5ml Honey &amp; 22,5ml Sesame Oil)</i>
180ml	White Sesame Seeds
450g	Pork Fillet
8g	Fresh Parsley <i>rinsed, picked &amp; 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 200ml 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 35-40 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 on a second roasting tray 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 12-15 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, pop the tray of kale in the oven and cook 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 6 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