



UCOOK

Satay Pork Kasserl & Broccoli

with toasted peanuts & lime juice

Peanut butter-coated pork chunks are browned in the pan, then receive a flavour boost with ginger, garlic, and a kick of chilli. Al dente egg noodles and charred broccoli join the sensational satay. The culinary party hits all the right taste notes with a final drizzle of lime juice and scatterings of toasted nuts.

Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Morgan Otten

 Quick & Easy

 Simonsig | Die Kluisenaar White Blend

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

1 cake	Egg Noodles
10g	Peanuts <i>roughly chopped</i>
100g	Broccoli Florets <i>rinsed & cut into bite-sized pieces</i>
30ml	Peanut Butter
180g	Pork Kassler Chunks
10g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
1	Fresh Chilli <i>rinsed, trimmed, deseeded & finely sliced</i>
10ml	Lime Juice

From Your Kitchen

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

1. COOK THE NOODLES Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain, reserve the pasta water, and rinse the cooked noodles in cold water.

2. TOAST Place the chopped peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHARRED BROCC Place a pan over medium-high heat with a drizzle of oil or a knob of butter (optional). When hot, fry the broccoli pieces until lightly charred, 5-6 minutes (shifting occasionally). Remove from the pan, season, and set aside.

4. PORK Loosen the peanut butter with 100ml of the reserved pasta water. Pat the pork chunks dry with paper towel. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the pork chunks until browned, 4-5 minutes (shifting occasionally). Add the grated ginger, the grated garlic, and the sliced chilli (to taste), and fry until fragrant, 1-2 minutes. Add the loosened peanut butter, reduce the heat, and simmer until thickening, 1-2 minutes. If the sauce splits, loosen with more pasta water. Add the cooked noodles and the charred broccoli. Loosen with the remaining pasta water if it's too thick, and season.

5. FILL THE BELLY Make a bed of the loaded satay goodness, drizzle over the lime juice (to taste), and sprinkle over the toasted nuts. Enjoy, Chef!



Chef's Tip

Air fryer method: Coat the broccoli pieces in oil and season. Air fry at 200°C until cooked through, 10-15 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	877kJ
Energy	209kcal
Protein	12.8g
Carbs	15g
of which sugars	0.9g
Fibre	1.8g
Fat	10.7g
of which saturated	3.4g
Sodium	475mg

Allergens

Egg, Gluten, Allium, Peanuts, Wheat

Cook
within
4 Days