

UCOOK

Neil Ellis's Pork Belly Ramen

**with edamame beans, pak choi & a spring
onion oil**

This hearty bowl of egg noodles is topped with crispy, golden-brown pork belly slices, wilted pak choi leaves, and edamame beans. A fragrant miso broth, seasoned with togarashi spice and dashi granules, ties it all together. Finish it off with a drizzle of fragrant spring onion oil and a sprinkle of shredded nori for a ramen experience that's sure to hit the spot.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Neil Ellis

Adventurous Foodie

Neil Ellis Wines | Neil Ellis Groenekloof Syrah
2021

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Ingredients & Prep

100g	Pak Choi <i>rinse, trim, finely slice the stems & slice the leaves in half lengthways</i>
1 cake	Egg Noodles
5ml	Dashi No Moto
40ml	Soy Base <i>(10ml Mirin, 5ml Sake, 20ml Low Sodium Soy Sauce & 5ml Sesame Oil)</i>
2,5ml	Togarashi Spice
30ml	Miso Paste
1	Nori Sheet
200g	Pork Belly Pieces
2	Spring Onions <i>rinse, trim & finely slice</i>
40g	Edamame Beans

From Your Kitchen

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

1. BUBBLING AWAY Bring a pot of salted water to the boil. Blanch the halved pak choi leaves until wilted but still vibrant green, 30-60 seconds. Drain on paper towel and set aside. Add the noodles to the pot of boiling water. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

2. MISO EXCITED! Return the pot to medium heat with the dashi granules, the soy base, ½ the togarashi spice (to taste), and 500ml of water. Bring to a simmer. Add the pak choi stems and simmer until al dente, 1-2 minutes. Remove from the heat. Stir through the miso paste (to taste) and cover. Reheat over a medium heat just before serving.

3. NOW FOR THE NORI Place the nori sheet in a pan over medium heat. Toast until crispy, 30-60 seconds per side. Remove from the pan and roughly shred. Set aside.

4. PORK BELLY Season the pork belly pieces. Return the pan to medium heat (the pork will cook in its own fat). When hot, sear the pork slices until crispy and golden brown, 2-3 minutes per side. Remove from the pan, reserving any rendered fat, and set aside to rest before slicing.

5. PUT A SPRING IN YOUR OIL Return the pan with the rendered fat to medium heat with 20ml of oil. When hot, fry the sliced spring onion until fragrant, 1-2 minutes (shifting occasionally). Remove from the pan, reserving the oil.

6. RAMEN = READY! Bowl up the egg noodles. Top with the wilted pak choi leaves, the edamame beans, the pork belly slices, and the fried spring onion. Ladle over the hot miso broth, and drizzle over the spring onion oil (to taste). Sprinkle over the remaining togarashi spice (to taste). Garnish with the shredded nori.



Chef's Tip

Air fryer method: Season the pork belly pieces and air fry at 200°C until crispy and golden, 20-25 minutes. Rest for 5 minutes before thinly slicing.

Nutritional Information

Per 100g

Energy	1219kj
Energy	292kcal
Protein	8.2g
Carbs	14g
of which sugars	1.7g
Fibre	1.5g
Fat	22.3g
of which saturated	7.7g
Sodium	799mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Fish, Alcohol, Soy, Shellfish

Eat
Within
2 Days