



# UCCOOK

## Miso Pork Stir Fry

**with soba noodles, slaw & charred pineapple**

Miso with rice vinegar, soy, honey and mustard, and BAM...you have a sauce smothered, pork neck, soba noodle stir fry, with a crunchy slaw and juicy charred pineapple, finished with toasted sesame seeds and fresh chilli. The professionals call it an "umami tsunami".

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**Hands-On Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People


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**Chef:** Alex Levett

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 Easy Peasy

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 Haute Cabrière | Chardonnay Pinot Noir

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## Ingredients & Prep

10ml	White Sesame Seeds
10ml	Miso Paste
80ml	Asian Dressing <i>(40ml Honey, 20ml Low Sodium Soy Sauce, 10ml Red Wine Vinegar &amp; 10ml Dijon Mustard)</i>
100g	Soba Noodles
3	Pineapple Rings
320g	Pork Neck Steak
2	Garlic Cloves <i>peeled &amp; grated</i>
1	Fresh Chilli <i>deseeded &amp; finely sliced</i>
300g	Shredded Cabbage & Julienne Carrot

## From Your Kitchen

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

**1. TOASTY** Boil the kettle. Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool. Place the miso paste in a bowl, pour in the Asian dressing and whisk to combine.

**2. WE WANT NOODLES SO-BA(D)** Fill a pot with boiling water, add a good pinch of salt, and place over a high heat. Once bubbling rapidly, cook the noodles for 6-8 minutes until tender. Drain on completion and run under cold water to stop the cooking process. Toss through some oil to prevent sticking.

**3. CHAR** Return the pan to a medium heat with a drizzle of oil. Char the pineapple rings for 2-3 minutes per side. Remove from the pan and cover to keep warm. Pat the pork neck steak dry with paper towel. Increase the heat to medium high, add another drizzle of oil if necessary. When hot, cook the pork for 4-6 minutes per side, depending on the thickness until cooked through and golden. Remove from the pan on completion and allow to rest for 5 minutes. Thickly slice and lightly season.

**4. STIR & FRY** Return the pan to a medium heat with a drizzle of oil. When hot, fry the grated garlic and the sliced chilli (to taste) for 1-2 minutes until fragrant. Add ½ of the shredded cabbage and julienne carrot and fry for 1-2 minutes until slightly wilted but still crunchy. Add the pork slices and the miso-Asian dressing, then let reduce slightly for 2-3 minutes. Toss through the soba noodles to heat through for 1-2 minutes. Place the remaining cabbage and carrot in a bowl with a drizzle of olive oil and seasoning.

**5. TANOSHI** Make a bed of the dressed slaw, top with loaded stir fry and drizzle over any sauce from the pan. Top with the charred pineapple rings, toasted sesame and any remaining fresh chilli. Tanoshī - enjoy!



## Chef's Tip

Miso is a traditional Japanese seasoning made by fermenting soybeans. It's high in protein and vitamins and has a unique flavour profile with salty, sweet, earthy, fruity, and savory elements.

## Nutritional Information

Per 100g

Energy	660kj
Energy	158Kcal
Protein	8.1g
Carbs	17g
of which sugars	8g
Fibre	1.5g
Fat	6.5g
of which saturated	2.1g
Sodium	275mg

## Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook  
within 2  
Days