



UCCOOK

Sesame-soy Pork Stir-fry

with toasted sesame seeds

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Carb Conscious: Serves 3 & 4

Chef: Suné van Zyl

Wine Pairing: Bertha Wines | Bertha Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	445kj	3172kj
Energy	106kcal	759kcal
Protein	5.2g	36.9g
Carbs	7g	49g
of which sugars	3.7g	26.5g
Fibre	1.9g	13.3g
Fat	6.1g	43.2g
of which saturated	1.9g	13.4g
Sodium	163mg	1164mg

Allergens: Gluten, Allium, Sesame, Wheat, Soy

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
15ml	20ml	Black Sesame Seeds
2	2	Onions <i>peel & roughly dice 1½ [2]</i>
375g	500g	Button Mushrooms <i>wipe clean & roughly slice</i>
450g	600g	Pork Mince
30g	40g	Fresh Ginger <i>peel & grate</i>
3	4	Garlic Cloves <i>peel & grate</i>
300g	400g	Cabbage
360g	480g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
150ml	200ml	Sesame-soy Dressing <i>(90ml [120ml] Low Sodium Soy Sauce, 30ml [40ml] Sesame Oil & 30ml [40ml] Coconut Sugar)</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. POPPIN' SEEDS Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. CAUSE A STIR Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until golden, 6-7 minutes (shifting occasionally). Add the mushrooms and the mince and work quickly to break up the mince as it starts to cook. Fry until browned, 4-5 [5-6] minutes (shifting occasionally). Add the ginger and the garlic. Fry until fragrant, 1-2 minutes (shifting constantly). Add the cabbage and the carrot. Fry until slightly softened but still crunchy, 2-3 minutes (shifting occasionally).

3. SOY GOOD Pour in the sesame-soy dressing. Loosen with a splash of water if too thick. Remove from the heat and season.

4. A GREAT PLATE Plate up the mince stir-fry and sprinkle over the sesame seeds.