



UCOOK

Satay Pork Kassler & Broccoli

with egg noodles & peanuts

Al dente egg noodles, browned kassler pork, and earthy broccoli are coated in a peanut butter-based sauce with a kick of chilli oil. Finish with a drizzle of zesty lime juice and toasted peanuts. Let's slay this satay, Chef!


Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Morgan Offen

 Quick & Easy

 Groote Post Winery | Groote Post Chenin Blanc 2022

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Ingredients & Prep

1 cake	Egg Noodles
180g	Pork Kassler Chunks
30ml	Peanut Butter
100g	Broccoli Florets <i>rinse</i>
10ml	Garlic Flakes
2 units	Chilli Oil
10ml	Lime Juice
10g	Peanuts

From Your Kitchen

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

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

2. PERFECT PORK Place a pan over medium-high heat with a drizzle of oil. When hot, fry the kassler chunks until crispy, 5-6 minutes (shifting occasionally). Remove from the pan and set aside.

3. NOW FOR THE SATAY While the kassler chunks are cooking, loosen the peanut butter with 100ml of the reserved pasta water. Place a second, large 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). Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and season. Add the loosened peanut butter, the garlic flakes, and the chilli oil. If the sauce splits, loosen with more pasta water. Add the cooked noodles and the kassler chunks. Loosen with the remaining pasta water if it's too thick and season.

4. SAVOUR THE FLAVOUR Make a bed of the loaded satay goodness, drizzle over the lime juice (to taste), and sprinkle over the nuts. Enjoy, Chef!



Chef's Tip

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.

Nutritional Information

Per 100g

Energy	979kJ
Energy	234kcal
Protein	13g
Carbs	15g
of which sugars	0.9g
Fibre	1.9g
Fat	13.3g
of which saturated	3.7g
Sodium	474mg

Allergens

Egg, Gluten, Allium, Peanuts, Wheat

Eat
within 3
Days