

UCOOK

Sesame-Crusted Japanese Pork

with crispy kale & a homemade apricot tonkatsu sauce

Succulent pork, pan fried in a crunchy sesame seed crust and doused in a Japanese tonkatsu sauce made from tamari, honey, and apricots – perfect for enhancing the flavour of pork! With sides of pickled cucumber and crisp roast veg.

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Tess Witney

♥ Health Nut

🍷 Warwick Wine Estate | Professor Black
Sauvignon Blanc

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Ingredients & Prep

| | |
|-------|-----------------------------------------------------------------------|
| 40g | Dried Apricots |
| 500g | Sweet Potato <i>rinsed & cut into bite-sized chunks</i> |
| 100g | Cucumber <i>peeled into ribbons or sliced into thin half-moons</i> |
| 1 | Lemon <i>cut into wedges</i> |
| 60ml | Tamari |
| 30ml | Honey |
| 300g | Pork Fillet |
| 125ml | White Sesame Seeds |
| 100g | Kale <i>rinsed & roughly shredded</i> |
| 5g | Fresh Parsley <i>rinsed, picked & roughly chopped</i> |

From Your Kitchen

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

1. START YOUR ROAST Preheat the oven to 200°C. Boil the kettle. Place the apricots in a bowl, submerge in 170ml of boiling water, and set aside to rehydrate for at least 10 minutes. Spread out the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. PICKLE THE CUCUMBER Place the cucumber ribbons in a bowl with the juice of 2 lemon wedges, a small splash of water, and a pinch of salt. Toss to coat and set aside to pickle.

3. TONKATSU SAUCE Drain the apricots, reserving the water, and roughly chop. Place a saucepan over a medium heat with a drizzle of oil or knob of butter. When hot, fry the apricots for a minute, shifting constantly. Stir in the tamari, the honey, and the reserved apricot water. Once simmering, lower the heat slightly and reduce for 10-12 minutes until the sauce is sticky and the apricots are soft. Season to taste, remove the pan from the heat, and cover to keep warm until serving.

4. WHILE THE SAUCE IS REDUCING... Place the shredded kale on a second roasting tray with a drizzle of oil and some seasoning. Using your hands, gently massage until softened and coated. When the sweet potato chunks reach the halfway mark, flip them over and return to the oven along with the tray of kale. Roast for the remaining cooking time until the kale is crispy and the sweet potato is cooked through and caramelised.

5. PORK PREP & FRYING Pat the pork dry with paper towel and cut into 4 rounds of 2-3cm thick. Place the sesame seeds in a shallow dish and use to coat the pork, pressing them into the flesh so they stick. Place a nonstick pan over a medium-high heat with enough oil to cover the base. When hot, fry the sesame-crusted pork for 2-3 minutes per side until golden but not cooked through. Transfer to a roasting tray and pop in the oven for 3-4 minutes until cooked through to your preference. Remove on completion and allow to rest in the tray for 5 minutes before serving.

6. TONKATSU TIME! Dish up some roast sweet potato and kale alongside the sesame-crusted pork. Decorate with the tangy cucumber and drizzle over the tonkatsu sauce. Serve with a lemon wedge on the side and get ready to tuck in!

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 514kJ |
| Energy | 129Kcal |
| Protein | 8.4g |
| Carbs | 13g |
| of which sugars | 6.9g |
| Fibre | 2.5g |
| Fat | 4.6g |
| of which saturated | 0.8g |
| Sodium | 317mg |

Allergens

Sesame, Sulphites, Soy

Cook
within 2
Days