



UCOOK

Fusion BBQ Pork Kassler

with sushi rice, fresh coriander & a smashed cucumber salad

Sticky pork Kassler in an Asian BBQ glaze, laid on a bed of sushi rice with a flavour-packed smashed cucumber salad. Finished off with pickled ginger, sesame seeds, coriander and lime juice.


Hands-On Time: 20 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Alex Levett

 Easy Peasy

 Niel Joubert | Reserve Shiraz

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Ingredients & Prep

300g	Sushi Rice
150g	Cucumber
112,5ml	Dressing <i>(45ml Low Sodium Soy Sauce, 22,5ml Sesame Oil & 45ml Rice Wine Vinegar)</i>
15ml	White Sesame Seeds
540g	Pork Kassler
175ml	Asian BBQ Sauce
2	Limes <i>1½ cut into wedges</i>
45g	Pickled Ginger <i>drained & roughly chopped</i>
12g	Fresh Coriander <i>rinsed & picked</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. STUNNING SUSHI RICE Rinse the sushi rice under cold water until it runs clear - this prevents the rice from becoming stodgy. Place in a lidded pot, over medium-high heat with 750ml of fresh, salted water. Once boiling, reduce the heat and simmer for 15-20 minutes until the water has been absorbed and the rice is tender. On completion, remove from the heat and fluff up with a fork.

2. SMASHED CUCUMBERS Using a rolling pin or bottle, smash the cucumber, slice into bite-sized pieces, and lightly salt. In a bowl, combine the dressing with 3 tbsp of a sweetener of choice. Mix until fully combined. Add the cucumber pieces and toss until fully coated. Set aside to marinate.

3. TOASTY SESAME SEEDS Place the sesame seeds in a large, nonstick pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan on completion.

4. COOK THE KASSLER Pat the pork kassler dry with some paper towel and coat in oil. Using a pair of kitchen scissors or a knife, make a few shallow incisions along the fat to prevent the meat from buckling during frying. Return the pan to a medium-high heat with a drizzle of oil. When hot, sear the kassler fat-side down for 3-5 minutes until the fat becomes rendered and crispy. Then, fry for 3-4 minutes per side until cooked through. Drain the excess oil and add the BBQ Sauce to the pan. Toss the kassler in the sauce until heated through and sticky, about 1-2 minutes. Remove the kassler from the pan. Add the juice of 3 lime wedges to the sauce in the pan and mix until fully combined.

5. PLATE THE PORK Plate up a heaping helping of the sushi rice and top with the sticky kassler. Pour over the limey BBQ sauce. Side with the smashed cucumber salad. Sprinkle over the toasted sesame, pickled ginger, fresh coriander and side with the remaining lime wedges. Nice work, Chef!



Chef's Tip

Deglazing is a cooking technique for lifting browned food residue from the base of a pan by adding in liquid and stirring it. If you would like less sodium in your meal, rinse the pork kassler with water before frying.

Nutritional Information

Per 100g

Energy	777kJ
Energy	186Kcal
Protein	8.2g
Carbs	24g
of which sugars	8.8g
Fibre	0.7g
Fat	6.5g
of which saturated	2.3g
Sodium	568mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within
4 Days