



# UCOOK

## Deetlefs Thai Pork & Daikon Salad

with lemongrass & toasted peanuts

Ready for a culinary adventure, Chef? Today you will be using daikon in your dish, an Asian root vegetable (also known as a winter radish) that means 'big root' in Japanese. This crunchy & nutritious veggie will feature together with an assemble of cucumber & carrot ribbons, lemongrass, pan roasted peanuts, fresh herbs, and juicy pork slices. Coated with a special Thai dressing.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person


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**Chef:** Deetlefs Winery

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 Carb Conscious

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 Deetlefs Wine Estate | Deetlefs Stonecross Pinotage

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## Ingredients & Prep

10g	Peanuts <i>roughly chop</i>
6g	Mixed Herbs <i>(3g Fresh Coriander &amp; 3g Fresh Mint)</i>
1 stalk	Lemongrass <i>rinse</i>
1	Onion <i>peel &amp; finely slice</i>
10g	Fresh Ginger <i>peel &amp; grate</i>
1	Garlic Clove <i>peel &amp; grate</i>
30ml	Thai Dressing <i>(20ml Fish Sauce &amp; 10ml Lemon Juice)</i>
100g	Cucumber <i>rinse &amp; peel into ribbons</i>
30g	Daikon Rounds <i>cut into matchsticks</i>
120g	Carrot <i>rinse, trim &amp; peel into ribbons</i>
1	Tomato <i>rinse &amp; roughly dice</i>
150g	Pork Rump

## From Your Kitchen

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

**1. PRETTY PEANUTS** 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.

**2. PREPARATION STATION** Rinse the mixed herbs. Pick and finely chop the rinsed coriander. Pick and roughly chop the rinsed mint. Trim off the very top and the base of the rinsed lemongrass, then peel away the tough outer layers. Use a rolling pin or cleaver to lightly crush the lemongrass, slice it in half lengthways, then finely dice. Set everything aside.

**3. FRY FOR FLAVOUR** Return the pan to medium heat with a drizzle of oil and a knob of butter (optional). When hot, fry the sliced onion until caramelised, 8-10 minutes (shifting occasionally). In the final 5 minutes, add the diced lemongrass and the grated garlic & ginger, and fry for the remaining time. Remove from the pan, season, and cover.

**4. TO THAI FOR** In a salad bowl, combine the Thai dressing, the finely chopped coriander, a sweetener, and a drizzle of olive oil. Toss through the cucumber ribbons, the daikon matchsticks, the carrot ribbons, the diced tomato, and the caramelised onions. Set aside.

**5. BUTTER-BASTED PORK** Return the pan to medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork, fat-side down, until crispy, 3-5 minutes. Flip the pork onto its side and sear until browned, 2-3 minutes per side. In the final 1-2 minutes, baste with a knob of butter. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

**6. FRESHNESS ON A PLATE** Dish up the loaded Thai salad and serve the pork slices alongside. Garnish with the chopped mint and the toasted peanuts.

## Nutritional Information

Per 100g

Energy	262kJ
Energy	63kcal
Protein	6.3g
Carbs	5g
of which sugars	2.2g
Fibre	1.2g
Fat	1.5g
of which saturated	0.3g
Sodium	302mg

## Allergens

Allium, Peanuts, Cow's Milk, Shellfish

Cook  
within 2  
Days