



# UCCOOK

## Satay Pork Kassler & Broccoli

with egg noodles & peanuts

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Morgan Otten

**Wine Pairing:** Neil Ellis Wines | Neil Ellis Wild Flower Rosé

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 969kJ    | 3970kJ      |
| Energy             | 232kcal  | 950kcal     |
| Protein            | 13g      | 53.3g       |
| Carbs              | 15g      | 63g         |
| of which sugars    | 0.9g     | 3.7g        |
| Fibre              | 1.9g     | 7.7g        |
| Fat                | 13g      | 53.3g       |
| of which saturated | 3.6g     | 14.9g       |
| Sodium             | 476mg    | 1949mg      |

**Allergens:** Cow's Milk, Egg, Gluten, Allium, Peanuts, Wheat

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                  |
|----------|------------|----------------------------------|
| 3 cakes  | 4 cakes    | Egg Noodles                      |
| 540g     | 720g       | Pork Kassler Chunks              |
| 90ml     | 125ml      | Peanut Butter                    |
| 300g     | 400g       | Broccoli Florets<br><i>rinse</i> |
| 30ml     | 40ml       | Garlic Flakes                    |
| 6 units  | 8 units    | Chilli Oil                       |
| 30ml     | 40ml       | Lime Juice                       |
| 30g      | 40g        | Peanuts<br><i>roughly chop</i>   |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Butter (optional)  
Seasoning (salt & pepper)  
Paper Towel

**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 300ml [400ml] 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 until lightly charred, 6-8 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 peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.