



UCCOOK

Sticky Pork Rice Bowl

with bell pepper & edamame beans

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Rosé

Nutritional Info	Per 100g	Per Portion
Energy	557kJ	4075kJ
Energy	133kcal	974kcal
Protein	5.7g	41.5g
Carbs	14g	105g
of which sugars	2.2g	16.4g
Fibre	1.4g	10.2g
Fat	6g	43.6g
of which saturated	1.8g	13.5g
Sodium	169mg	1238mg

Allergens: Gluten, Allium, Sesame, Wheat, Sulphites, Fish, Soy, Shellfish

Spice Level: None

Eat Within 1 Day

Ingredients & Prep Actions:

Serves 3 [Serves 4]

300ml	400ml	Jasmine Rice <i>rinse</i>
90ml	125ml	Rice Wine Vinegar
300g	400g	Cucumber <i>rinse & cut into bite-sized pieces on the diagonal</i>
150g	200g	Edamame Beans
450g	600g	Pork Mince
2	2	Bell Peppers <i>rinse, deseed & cut 1½ [2] into strips</i>
2	2	Spring Onions <i>rinse, trim & roughly slice</i>
22,5ml	30ml	NOMU One For All Rub
3 units	4 units	UCOOK Asian Sauce
15ml	20ml	White Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)

Water

Sugar/Sweetener/Honey

Paper Towel

Seasoning (salt & pepper)

1. RICE Place the rice in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. SOME PREP In a bowl, combine the vinegar with 15ml [20ml] of sweetener, and 3 [4] tbsp of water. Add the cucumber, the edamame beans, seasoning, and toss to combine.

3. PORK Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 5-6 minutes (shifting occasionally). Add the peppers, the spring onions, and the NOMU rub. Fry until lightly charred, 4-5 minutes. Mix in the Asian sauce and 60ml [80ml] of water. Simmer until warmed through and silky, 2-3 minutes. Remove from heat.

4. DINNER IS READY Make a bed of the rice, top with the saucy pork mince, and side with the pickled greens. Sprinkle over the sesame seeds. Dig in, Chef!

Chef's Tip Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.