



UCOOK

Hot Honey Pork Strips

with loaded rice & charred green beans

Crispy pork strips are coated in a spicy & sticky honey glaze! Served with fluffy white basmati rice, fresh coriander, charred green beans, pickled peppers, and corn, you will be savouring each bite right until it ends!


Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Thea Richter

 Fan Faves

 Boschendal | Chardonnay Pinot Noir

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Ingredients & Prep

75ml	White Basmati Rice
65ml	Cornflour
150g	Pork Fillet <i>pat dry & cut into 1cm thick strips</i>
80g	Green Beans <i> rinsed, trimmed & halved</i>
30g	Pickled Bell Peppers <i>drained & roughly chopped</i>
50g	Corn
15ml	Honey
15ml	Paprika
2,5ml	Dried Chilli Flakes
40ml	Sweet Chilli Sauce
4g	Fresh Coriander <i> rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. RICE, RICE BABY! Preheat the oven to 200°C. Rinse the rice and place in a pot over a medium-high heat. Submerge in 150ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 8-10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. GOLDEN PORK Place the cornflour, the pork strips, and seasoning in a bowl. Toss until the pork is fully coated. Place a pan over a medium-high heat with a drizzle of oil. When hot, add the coated pork strips and fry for 3-5 minutes until cooked through and browned, shifting halfway. Drain on a paper towel on completion.

3. GET YOUR CHAR ON When the rice has 5 minutes remaining, return the pan to a medium-high heat with a drizzle of oil. When hot, add the trimmed green beans, the chopped pepper, and the corn and fry for 3-4 minutes until starting to char, shifting occasionally. Remove from the pan on completion and add to the pot with the cooked rice. Mix until fully combined and season to taste.

4. STICKY & SPICY Return the pan to a medium-high heat. Add the honey, the paprika, ½ the chilli flakes (to taste), the sweet chilli sauce, and 15ml of water. Mix until fully combined. Leave for 1-2 minutes until warmed through. Immediately remove from the heat and add the fried pork. Toss until the pork is fully coated in the sauce.

5. HONEY, I'M GLAZE! Plate up a heaping helping of the loaded rice. Top with the sticky pork and drizzle over any remaining sauce. Sprinkle over the chopped coriander and the remaining chilli flakes (to taste). Amazing work, Chef!

Nutritional Information

Per 100g

Energy	715kj
Energy	171Kcal
Protein	9.3g
Carbs	30g
of which sugars	7.1g
Fibre	1.9g
Fat	1.5g
of which saturated	0.5g
Sodium	2mg

Allergens

Allium, Sulphites

Cook
within 2
Days