



# UCOOK

## Pork Fillet & Veggies

with a sweet & sour sauce, fluffy jasmine rice & toasted cashew nuts

It's simple. It's sweet. It's sour. And it saves time & effort in the kitchen! Soon you will be enjoying a mouthful of fluffy jasmine rice, with juicy pork, peppers, carrots & onions coated in a yummy sweet & sour sauce. Topped with toasted cashews and fresh coriander.

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 3 People

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**Chef:** Jason Johnson

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Fan Faves

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 Waterford Estate | Waterford Grenache Noir

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## Ingredients & Prep

300ml	Jasmine Rice <i>rinse</i>
30g	Cashew Nuts <i>roughly chop</i>
450g	Pork Fillet
2	Bell Peppers <i>rinse, deseed &amp; cut 1½ into strips</i>
360g	Carrot <i>rinse, trim, peel &amp; cut into bite-sized pieces</i>
2	Onions <i>peel &amp; roughly slice 1½</i>
2	Garlic Cloves <i>peel &amp; grate</i>
300ml	Sweet 'n Sour Sauce <i>(150ml Tomato Sauce &amp; 150ml Rice Wine Vinegar)</i>
90g	Piquanté Peppers <i>drain</i>
8g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

**1. FLUFFY RICE** Place the rinsed rice in a pot with 600ml 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 set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. TOASTED CASHEWS** Place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

**3. SIZZLING 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 until browned, 5-6 minutes (shifting as it colours). Cover with a lid and fry until cooked through, 4-5 minutes. In the final minute, baste the pork with a knob of butter. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

**4. CHARRED PEPPERS** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced green peppers until lightly charred but still crunchy, 4-5 minutes (shifting occasionally). Remove from the pan.

**5. SWEET 'N SOUR** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the carrot pieces and the sliced onion until the onions are golden brown and the carrots are still crunchy, 7-8 minutes. Add the grated garlic and fry until fragrant, 30-60 seconds. Add the sweet 'n sour sauce, 30ml of sweetener (to taste), and 300ml of water. Simmer until reduced and thickened, 10-12 minutes. In the final 1-2 minutes, add the pork slices and the charred peppers. Remove from the heat and season.

**6. DINNER TIME!** Make a bed of the fluffy rice and top with the loaded sweet 'n sour pork & veggie goodness. Scatter over the toasted nuts and the drained piquanté peppers, and garnish with the chopped coriander. Well done, Chef!

## Nutritional Information

Per 100g

Energy	451kJ
Energy	108kcal
Protein	6.4g
Carbs	16g
of which sugars	4g
Fibre	1.3g
Fat	1.6g
of which saturated	0.4g
Sodium	113mg

## Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat  
Within  
2 Days