



UCOOK

Ginger Pork Stir-fry

with tamari, Sambal Oelek & charred baby corn

Succulent strips of marinated pork in a sticky, spicy and gingery sauce with fragrant onions and sprinklings of crunchy cashew nuts! Instead of classic carbs, warm cabbage & carrot slaw, plus sweet charred baby corn, are the base of this delish dish!


Hands-On Time: 15 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Tami Schrire

 Carb Conscious

 Niel Joubert | Grüner Veltliner

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Ingredients & Prep

150g	Pork Schnitzel (without crumb)
10g	Fresh Ginger <i>peeled & grated</i>
25ml	Stir-fry Sauce <i>(20ml Tamari & 5ml Sesame Oil)</i>
10ml	Sambal Oelek
60g	Baby Corn <i>halved lengthways</i>
1	Onion <i>½ peeled & finely sliced</i>
5ml	NOMU Oriental Rub
100g	Cabbage <i>finely sliced</i>
120g	Carrot <i>rinsed, peeled (optional) & grated</i>
10g	Cashew Nuts <i>roughly chopped</i>
4g	Fresh Coriander <i>rinsed, picked & roughly chopped</i>

From Your Kitchen

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

1. MARINATE THE PORK Pat the pork schnitzel dry with some paper towel and cut into 2cm thick strips. In a medium-sized bowl, combine the grated ginger, the stir-fry sauce, and the Sambal Oelek (to taste). Add the pork strips and toss until coated. Set aside to marinate until frying.

2. CHARRED CORN Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the halved baby corn for 3-4 minutes until lightly charred, shifting occasionally. Remove from the pan on completion, season, and place in a bowl. Cover to keep warm and set aside.

3. FLAVOURS OF THE ORIENT Return the pan to a medium-high heat with another drizzle of oil. When hot, fry the sliced onion for 3-4 minutes until soft and translucent, shifting occasionally. Add the rub and fry for a minute until fragrant, shifting constantly. Remove from the pan on completion.

4. STIR FRY ME! Return the pan to a medium-high heat with another drizzle of oil. When hot, fry the marinated pork strips, reserving the marinade in the bowl, for 2-3 minutes per side until tender and cooked through. Add the cooked onions and any remaining pork marinade from the bowl. Simmer on a low heat for 1-2 minutes until the sauce is sticky. On completion, remove the pan from the heat. Toss through the sliced cabbage and grated carrot. Season to taste.

5. DEVOUR DINNER! Serve up a bowl of sticky, pork stir-fry and top with the charred baby corn. Garnish with the chopped cashews and a sprinkling of fresh, chopped coriander. Good job, Chef!



Chef's Tip

You can use a wok for this recipe if you have one. The best things about wok are that they distribute heat more evenly and so requires less oil.

Nutritional Information

Per 100g

Energy	360kj
Energy	86Kcal
Protein	7.4g
Carbs	8g
of which sugars	3.4g
Fibre	1.6g
Fat	2.7g
of which saturated	0.6g
Sodium	3mg

Allergens

Allium, Sesame, Tree Nuts, Soy

Cook
within 2
Days