



UCOOK

Sticky Pork & Soba Noodles

with black sesame seeds & green beans


Soba noodles are cooked to al dente perfection and tossed with charred green beans, onions, and crispy kassler cubes glazed with hoisin sauce & aromatic sesame seeds. Finished off with pickled peppers, a splash of lemon juice, and sprinklings of fresh coriander.


Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Kate Gomba

 Adventurous Foodie

 Groot Post Winery | Groot Post Riesling 2022

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Ingredients & Prep

150g	Soba Noodles
240g	Green Beans <i>rinse, trim & halve</i>
2	Onions <i>peel & roughly slice 1½</i>
540g	Pork Kassler Chunks
60ml	Hoisin Sauce
15ml	Black Sesame Seeds
60g	Pickled Peppers <i>drain & roughly slice</i>
30ml	Lemon Juice
8g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. SOBA NOODLES Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 3-4 minutes. Drain and rinse in cold water.

2. GREEN BEANS & ONION Place a pan over medium heat with a drizzle of oil and a knob of butter. When hot, fry the halved green beans and the sliced onions until lightly charred but still crunchy, 5-6 minutes (shifting occasionally). Remove from the pan and set aside.

3. STICKY PORK Return the pan to medium-high heat with a drizzle of oil. Pat the kassler cubes dry with paper towel. When hot, fry the kassler cubes until crispy, 5-6 minutes (shifting occasionally). Drain any rendered fat. Add the hoisin, 15ml of sweetener, and the sesame seeds, and cook until sticky, 30-60 seconds.

4. ALL TOGETHER NOW Add the cooked noodles, the sliced peppers, the green beans & onion, and the lemon juice (to taste) to the pan. Mix to combine and season.

5. DINNER IS READY Plate up the loaded soba noodles and sprinkle over the chopped coriander. Dive in, Chef!

Nutritional Information

Per 100g

Energy	591kJ
Energy	141kcal
Protein	9g
Carbs	15g
of which sugars	4.7g
Fibre	1.4g
Fat	5.2g
of which saturated	2.2g
Sodium	605mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Sugar Alcohol (Xylitol), Soy,
Cow's Milk

Cook
within
4 Days