



UCOOK

Perfect Sweet 'n Sour Pork Belly

with jasmine rice & crunchy cashews

There is nothing better than crispy pork, pineapple & onions coated in a sweet 'n sour sauce. Served over a base of jasmine rice and topped with toasted cashews & fresh coriander.


Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Rhea Hsu

Fan Faves

 Delheim Wines | Delheim Staying Alive
Riesling

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Ingredients & Prep

300ml	Jasmine Rice <i>rinsed</i>
40ml	Low Sodium Soy Sauce
40g	Cashew Nuts <i>roughly chopped</i>
800g	Pork Belly Pieces <i>cut into bite-sized chunks</i>
2	Onions <i>peeled & cut into 1cm thick slices</i>
2	Garlic Cloves <i>peeled & grated</i>
240g	Tinned Pineapple Pieces <i>drained</i>
250ml	Sweet 'n Sour Sauce <i>(125ml Tomato Sauce & 125ml Rice Wine Vinegar)</i>
60g	Piquanté Peppers <i>drained & roughly chopped</i>
10g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. SOY 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 steam, 8-10 minutes. Fluff with a fork, toss through the soy sauce (to taste), and cover.

2. GOLDEN 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. PERFECT PORK Return the pan to medium-high heat. Pat the pork belly pieces dry with paper towel. When hot, add the pork pieces (the pork will render its own fat) and fry until crispy and cooked through, 4-8 minutes per side. Remove from the pan and drain on paper towel.

4. SWEET & SOUR Return the pan to medium-high heat with a drizzle of oil. When hot, fry the onion slices until soft, 6-8 minutes (shifting occasionally). Add the grated garlic and fry until fragrant, 1-2 minutes (shifting constantly). Mix through the drained pineapple pieces, the sweet 'n sour sauce, and 80ml of a sweetener. Bring to a boil, then immediately remove from the heat. Stir through the pork and the chopped pepper until fully coated. Season.

5. SATISFYING SUPPER Serve up the soy-infused rice and smother in the sweet 'n sour pork. Scatter over the toasted cashews and the chopped coriander. Simply gorgeous, Chef!

Nutritional Information

Per 100g

Energy	700kJ
Energy	167kcal
Protein	8.1g
Carbs	16g
of which sugars	4.4g
Fibre	0.7g
Fat	7.5g
of which saturated	2.4g
Sodium	194mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree Nuts, Soy

Cook
within 2
Days