

U C O O K

— COOKING MADE EASY

Sesame-Crusted Pork Fillet

with **crispy kale & a homemade apricot
tonkatsu sauce**

Succulent pork, pan-fried in a crunchy sesame seed crust and doused in Japanese tonkatsu sauce — made with tamari, honey, and apricots, and perfect for enhancing the flavour of pork! With sides of pickled cucumber and crisp roast veg.

Hands-On Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Tess Witney



Health Nut

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Ingredients & Prep

| | |
|------|---|
| 20g | Dried Apricots |
| 250g | Sweet Potato <i>rinsed & cut into bite-size chunks (skin on)</i> |
| 50g | Kale <i>rinsed & roughly shredded</i> |
| 50g | Cucumber <i>cut into half-moons or peeled into ribbons</i> |
| 1 | Lemon <i>one half cut into wedges</i> |
| 30ml | Tamari |
| 15ml | Honey |
| 150g | Pork Fillet |
| 65ml | White Sesame Seeds |

From Your Kitchen

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

1. ROAST SWEET POTATO & CRISPY KALE Preheat the oven to 200°C. Boil the kettle. Place the apricots in a bowl, submerge in 100ml of boiling water, and set aside to rehydrate. Spread out the sweet potato chunks on a roasting tray, coat in oil, and season to taste. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway. Place the shredded kale in a bowl with a drizzle of oil and some seasoning. Using your hands, gently massage the kale until softened and coated in oil. When the sweet potato has 10 minutes remaining, scatter the dressed kale over the tray and return to the oven for the remaining roasting time until crispy.

2. PICKLE THE CUCUMBER Place the cucumber ribbons in a bowl with the juice of 1 lemon wedge, a small splash of water, and a pinch of salt. Toss to coat and set aside to pickle until serving.

3. TONKATSU SAUCE Drain the apricots, reserving the water, and roughly chop. Place a pot over a medium heat with a drizzle of oil or knob of butter. When hot, fry the chopped apricots for a minute, shifting constantly. Stir in the tamari, the honey, and the reserved apricot water. Once simmering, lower the heat slightly and allow to reduce for 8-10 minutes until the sauce is sticky and the apricots have softened completely. Remove from the heat on completion and season to taste.

4. WHILE THE SAUCE IS SIMMERING... Pat the pork fillet dry with some paper towel and cut into 2 rounds of 2-3cm thick. Place the sesame seeds on a plate or shallow dish and use to coat the pork rounds, gently pressing them into the flesh so they stick. Set aside until frying.

5. COOK THE PORK When the tonkatsu sauce has reached the halfway mark, place a pan over a medium-high heat with enough oil to cover the base. When hot, fry the sesame-crusted pork for 3-4 minutes per side until golden but not cooked through. Transfer to a roasting tray and pop in the oven for 4-5 minutes until cooked through to your preference. Remove from the oven on completion and allow to rest in the tray for 5 minutes before serving.

6. TONKATSU TIME! Dish up some roast sweet potato and kale alongside the sesame-crusted pork. Decorate with the tangy, pickled cucumber and drizzle over the tonkatsu sauce. Serve with a lemon wedge on the side. Delish, Chef!



Chef's Tip

Kale is high in iron and it's also high in vitamin C, which increases iron absorption. Simply sauté it or crisp it in the oven. It's also delicious raw, but first needs to be coated in an acid (like lemon juice) for its nutrients to be available to your body.

Nutritional Information

Per 100g

| | |
|--------------------|---------|
| Energy | 608kJ |
| Energy | 145Kcal |
| Protein | 9.1g |
| Carbs | 13g |
| of which sugars | 6.4g |
| Fibre | 2.9g |
| Fat | 6.3g |
| of which saturated | 1.1g |
| Sodium | 295mg |

Allergens

Sesame, Sulphites, Soy

Cook
within 2
Days