



UCCOOK

Perfect Sweet 'n Sour Pork Belly

with egg noodles & crunchy cashews

There is nothing better than a warming bowl of crispy pork, sweet pineapple and juicy onions coated in a sweet 'n sour sauce. Served over a base of egg noodles and topped fresh coriander - you'll forget all about the cold weather outside!


Hands-on Time: 35 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Thea Richter

 Fan Faves

 Waterford Estate | Waterford Old Vine Chenin Blanc

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Ingredients & Prep

4 cakes	Egg Noodles
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	Pineapple Pieces <i>drained</i>
250ml	Sweet 'n Sour Sauce <i>(125ml Tomato Sauce & 125ml Rice Wine Vinegar)</i>
100g	Pickled Bell Peppers <i>drained & roughly chopped</i>
15g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. NEVER SAY NO TO NOODLES Bring a pot of salted water to boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water. Toss through the soy sauce (to taste), cover to keep warm, and set aside.

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

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

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

Nutritional Information

Per 100g

Energy	576kj
Energy	138kcal
Protein	7.1g
Carbs	12g
of which sugars	4g
Fibre	0.9g
Fat	6.4g
of which saturated	2.1g
Sodium	138mg

Allergens

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

Cook
within 2
Days