

UCOOK

Sticky Hoisin Pork

with sweet 'n sour slaw, edamame beans & rice noodles

Get your taste buds buzzing with this quick, slick number! Tangy carrot, cabbage, and edamame, tossed with juicy strips of pork neck steak, glassy noodles, sesame seeds, and a sticky, umami hoisin and soy sauce.

Hands-On Time: 20 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

 Easy Peasy

 Warwick Wine Estate | Three Cape Ladies

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Ingredients & Prep

20ml	Pickling Liquid <i>(15ml Rice Wine Vinegar & 5ml Honey)</i>
50g	Edamame Beans
100g	Cabbage <i>thinly sliced</i>
120g	Carrot <i>½ grated</i>
5ml	White Sesame Seeds
50g	Flat Rice Noodles
160g	Pork Neck Steak
1	Fresh Chilli <i>deseeded & finely sliced</i>
45ml	Sticky Sauce <i>(20ml Low Sodium Soy Sauce & 25ml Hoisin Sauce)</i>

From Your Kitchen

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

1. SWEET 'N SOUR SLAW Place the pickling liquid in a bowl and mix in 1 tbsp of warm water. Add in the edamame beans and ½ of the cabbage and ½ of the carrot. Season, toss to coat, and set aside to pickle.

2. BROWN THE SEEDS Boil the kettle for step 3. Place a pan or wok, large enough for the stir fry, over a medium heat. When hot, toast the sesame seeds for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan or wok on completion and set aside to cool.

3. AL DENTE & DELISH Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give a stir, cover with a plate, and set aside to soak for 6-8 minutes until cooked al dente. Drain on completion and toss through some oil to prevent sticking.

4. JUICY PORK SLICES Return the pan or wok to a medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When the pan is hot, fry the pork for 6-8 minutes, shifting and turning until browned all over but still rare. Remove from the pan and set aside to rest for 5 minutes before slicing into thin strips. Lightly season the strips.

5. TIME TO STIR FRY Return the pan or wok to a low-medium heat with another drizzle of oil if necessary. When hot, fry the sliced chilli to taste for about a minute until fragrant, shifting constantly. Add in the pork strips and stir through the sticky sauce. Gently simmer for 2-3 minutes until the sauce is thick and the pork is cooked through, stirring occasionally. Toss through the cooked noodles and the remaining cabbage and carrot for 1-2 minutes until the noodles are reheated and the cabbage is slightly wilted. Remove the pan or wok from the heat. Drain the pickling liquid from the slaw into a small bowl. Stir the liquid through the stir fry to taste.

6. SERVE IT ALL UP Spoon the saucy pork stir fry into a bowl and top with the pickled slaw and edamame. Scatter over the toasted seeds and garnish with any remaining fresh chilli if you'd like. Quick, easy, and scrumptious!



Chef's Tip

Pop leftover chilli in a bag and store it in the freezer. It's fantastic when finely grated directly from frozen, creating a spicy dust great for cooking with or sprinkling over dishes — and you avoid food waste!

Nutritional Information

Per 100g

Energy	585kj
Energy	140Kcal
Protein	7.2g
Carbs	14g
of which sugars	4.4g
Fibre	1.7g
Fat	6.2g
of which saturated	2.1g
Sodium	224mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 2
Days