



# UCOOK

## Citrus Pork & Ponzu Pak Choi

with sesame seeds & fresh coriander

An unforgettable dinner awaits you! Caramelized pork rump is drizzled with a fragrant orange sauce and served with pak choi doused in ponzu. Sided with sweet potato mash and sprinkled with fresh coriander and sesame seeds, sweet (dinner) dreams truly are made of this!

---

**Hands-On Time:** 20 minutes

**Overall Time:** 30 minutes


---

**Serves:** 1 Person

---

**Chef:** Thea Richter

---

 Adventurous Foodie

---

 Boschendal | Rachelsfontein Chenin Blanc

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

250g	Sweet Potato <i>peeled &amp; cut into bite-sized chunks</i>
150g	Pak Choi <i>rinsed &amp; trimmed at the base</i>
65ml	Ponzu Sauce
150g	Pork Rump
7,5ml	Sesame Oil
45ml	White Wine
10ml	Chicken Stock
30ml	Orange Juice
20ml	Sugar
5ml	White Sesame Seeds
4g	Fresh Coriander <i>rinsed &amp; picked</i>

## From Your Kitchen

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

**1. SWEET MASH** Boil the kettle. Place a pot over a medium-high heat with 2cm of boiling water covering the base. Once steaming, place the sweet potato chunks in a colander over the pot. Allow to steam covered for 15-20 minutes until cooked through and soft. Alternatively, use a steamer if you have one. On completion, discard the water and return the cooked sweet potato to the pot. Add a knob of butter or coconut oil (optional), a splash of water or milk, and seasoning. Mash with a fork or potato masher until the desired consistency and combined. Cover to keep warm.

**2. PONZU PAK CHOI** Separate the stems and the leaves of the rinsed pak choi. Shred the leaves and thinly slice the stems horizontally. In a bowl, combine the shredded pak choi leaves and sliced stems, ½ the ponzu sauce, a drizzle of oil, and seasoning.

**3. CARAMELISED PORK** Place a pan over a medium-high heat with a drizzle of oil. Pat the pork rump dry with some paper towel, and coat in some seasoning. When the pan is hot, sear the steak, fat-side down, for 3-5 minutes until crispy. Then, fry for 3-4 minutes per side, or until cooked through (this time frame may depend on the thickness of the steak). During the final 1-2 minutes, baste with a knob of butter, a sweetener of choice, and the remaining ponzu sauce - this will create a caramelized coating on your rump! Remove from the pan on completion and allow to rest for 5 minutes before slicing. Lightly season the slices.

**4. CITRUS SAUCE** Return the pan to a medium-high heat with the sesame oil. When hot, add the white wine and simmer for 2-4 minutes, until almost all evaporated. Add the chicken stock, 65ml of boiling water, the orange juice, and the sugar. Mix until fully combined. Leave to simmer for 4-5 minutes, until slightly thickened, stirring occasionally. In the final 1-2 minutes, add 15g of butter. Remove from the heat and season to taste.

**5. STUNNING!** Pile up the sweet potato mash and side with the caramelised pork rump slices drizzled with the citrus sauce. Serve with the ponzu pak choi. Sprinkle over the sesame seeds and picked coriander. Beautiful work, Chef!



## Chef's Tip

If you would like to toast the sesame seeds, place them in a pan over a medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally.

## Nutritional Information

Per 100g

Energy	492kJ
Energy	118Kcal
Protein	4.8g
Carbs	11g
of which sugars	5.6g
Fibre	1.1g
Fat	5.4g
of which saturated	1.6g
Sodium	5mg

## Allergens

Gluten, Allium, Sesame, Wheat,  
Sulphites, Fish, Alcohol, Soy

Cook  
within 2  
Days