



UCOOK

Spiced Pork & Creamy Coconut Dressing

with charred green beans & a fresh salad

Charred green beans and perfectly seasoned pork mince mingle atop a bed of crisp green leaves, carrot matchsticks, and piquanté peppers. Tossed in a delightful coconut dressing, topped with golden toasted peanuts, and garnished with fresh chives.


Hands-on Time: 20 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Megan Bure

 Carb Conscious

 Cathedral Cellar Wines | Cathedral Cellar-
Chardonnay 2022

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Ingredients & Prep

10g	Peanuts <i>roughly chopped</i>
100g	Green Beans <i>rinsed, trimmed & halved</i>
125ml	Coconut Dressing <i>(100ml Coconut Cream, 15ml Lemon Juice & 10ml Honey)</i>
3g	Fresh Chives <i>rinsed & finely chopped</i>
40g	Green Leaves <i>rinsed & roughly shredded</i>
120g	Carrot <i>rinsed, trimmed, peeled & cut into thin matchsticks</i>
20g	Piquanté Peppers <i>drained</i>
1	Onion <i>½ peeled & finely diced</i>
1	Garlic Heads <i>peeled & grated</i>
10g	Fresh Ginger <i>peeled & grated</i>
150g	Pork Mince
1	Chilli. <i>rinsed, trimmed, deseeded & roughly chopped</i>

From Your Kitchen

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

1. GOLDEN PEANUTS Place the chopped peanuts in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

2. CHARRED BEANS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the halved green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

3. COCO DRESSING In a bowl, combine the coconut dressing with ½ the chopped chives, a drizzle of oil, and seasoning. Set aside.

4. MAKE THE SALAD To a salad bowl, add the shredded green leaves, the carrot matchsticks, and the drained peppers. Toss through ½ the coconut dressing, ½ the toasted nuts, and seasoning. Set aside.

5. FRY THE MINCE Return the pan to medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the grated garlic & ginger, and fry until fragrant, 1-2 minutes (shifting constantly). Add the mince, the chopped chilli (to taste), and a sweetener. Work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). In the final minute, mix through the charred green beans until warmed through. Season and set aside.

6. GRAB THE PLATES! Plate up a bed of the dressed salad and top with the spicy mince mixture. Drizzle over the remaining coconut dressing (to taste) and scatter over the remaining nuts. Garnish with the remaining chives and any remaining chilli.

Nutritional Information

Per 100g

Energy	538kJ
Energy	128kcal
Protein	5.4g
Carbs	7g
of which sugars	3.8g
Fibre	1.5g
Fat	8.5g
of which saturated	4.4g
Sodium	38mg

Allergens

Allium, Peanuts, Sulphites

Cook
within 1
Day