



# UCOOK

## Crispy Pork & Chicken Potstickers

with a quick tangy pickled slaw & fresh spring onion

Simple, stunning and scrumptious! Perfect premade potstickers are pan fried until golden brown and crisp, cabbage and spring onion are pickled to perfection, and sesame seeds are sprinkled all over this perfect medley of deliciousness. Dinner in a flash!

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**Hands-On Time:** 25 minutes

**Overall Time:** 45 minutes


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**Serves:** 2 People


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**Chef:** Thea Richter

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 Easy Peasy

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 Niel Joubert | Grüner Veltliner

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## Ingredients & Prep

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40ml	Rice Wine Vinegar
1	Lime <i>zested &amp; cut into wedges</i>
200g	Cabbage <i>very finely sliced</i>
2	Spring Onions <i>finely sliced, keeping the white &amp; green parts separate</i>
16	Pork & Chicken Pot Stickers <i>kept frozen</i>
120ml	Dipping Sauce <i>(60ml Low Sodium Soy Sauce, 40ml Thai Sweet Chilli Sauce &amp; 20ml Sesame Oil)</i>
10ml	Black Sesame Seeds

## From Your Kitchen

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

**1. SUB-LIME SLAW!** In a bowl, combine the rice wine vinegar, the lime zest (to taste), 1 tsp of a sweetener of choice and seasoning. Mix until the sweetener is fully dissolved. Add the sliced cabbage and the spring onion whites and toss until fully coated. Set aside to pickle.

**2. GETTIN' STEAMY** Boil the kettle. Place a nonstick pan, with a lid, over a medium-high heat with a drizzle of oil. When hot, add the frozen potstickers in a single layer, flat side down. You may need to do this in batches. Leave to brown for 1-2 minutes, without shifting or moving, or until the bases have browned. Reduce the heat and pour in boiling water just to cover the base. Cover with the lid and leave to steam for 5-6 minutes or until fully heated through. Remove from the pan and leave to drain on some paper towel.

**3. SAUCE IN THE LIMELIGHT** Drain the pickling liquid from the slaw. Add the juice of 2 lime wedges to the dipping sauce. Mix until fully combined. Add 1/3 of the limey dipping sauce to the drained slaw and toss until fully coated.

**4. GET POT-STUCK IN!** Plate up a heaping helping of the pickled slaw. Side with the crispy potstickers and sprinkle over the spring onion greens and the black sesame seeds. Serve the remaining limey dipping sauce on the side for dunking. As simple as that!

## Nutritional Information

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Per 100g

Energy	611kJ
Energy	146Kcal
Protein	3.8g
Carbs	21g
of which sugars	4.4g
Fibre	1.5g
Fat	4.4g
of which saturated	0.9g
Sodium	554mg

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## Allergens

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

Cook  
within 1  
Day