



# UCCOOK

## Pork Kassler & Kimchi Cucumber Rice

with plumped edamame beans

**Hands-on Time:** 25 minutes

**Overall Time:** 25 minutes

**Quick & Easy:** Serves 3 & 4

**Chef:** Jade Summers

**Wine Pairing:** Waterford Estate | Waterford Pecan Stream  
Sauvignon Blanc

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 417kJ    | 1559kJ      |
| Energy             | 100kcal  | 373kcal     |
| Protein            | 9.1g     | 34.1g       |
| Carbs              | 2g       | 8g          |
| of which sugars    | 0.8g     | 3g          |
| Fibre              | 0.8g     | 2.9g        |
| Fat                | 6g       | 22.5g       |
| of which saturated | 2.5g     | 9.4g        |
| Sodium             | 520mg    | 1942mg      |

**Allergens:** Sulphites, Sesame, Soya, Allium

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3 [Serves 4]

|       |       |                                                           |
|-------|-------|-----------------------------------------------------------|
| 300ml | 400ml | Jasmine Rice<br><i>rinse</i>                              |
| 150g  | 200g  | Kimchi                                                    |
| 300g  | 400g  | Cucumber<br><i>rinse &amp; cut into bite-sized pieces</i> |
| 90g   | 120g  | Edamame Beans                                             |
| 90ml  | 125ml | Mayo                                                      |
| 540g  | 720g  | Pork Kassler Steak<br><i>cut into bite-sized pieces</i>   |
| 30ml  | 40ml  | Lemon Juice                                               |
| 8g    | 10g   | Fresh Parsley<br><i>rinse &amp; pick</i>                  |
| 15ml  | 20ml  | Black Sesame Seeds                                        |

## From Your Kitchen

Seasoning (salt & pepper)

Water

Oil (cooking, olive or coconut)

**1. KIMCHI RICE** Boil the kettle. Place the rice in a pot with 600ml [800ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork, add the kimchi, the cucumber and seasoning. Cover and set aside.

**2. PLUMP EDAMAME & MAYO** Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside. Loosen the mayo with a splash of water until drizzling consistency.

**3. CRISPY KASSLER** Place a pan over high heat with a drizzle of oil. When hot, fry the kassler until crispy, 5-6 minutes (shifting occasionally). Remove from the pan, season and set aside. You may need to do this step in batches. Alternatively, air fry at 200°C until crispy, 6-8 minutes (shifting halfway).

**4. TIME TO DINE** Make a bed of the kimchi rice, top with the crispy kassler, and the edamame beans. Drizzle over the mayo and the lemon juice (to taste). Garnish with the parsley and the seeds. Enjoy, Chef!

**Chef's Tip** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.