



U C O O K

— COOKING MADE EASY

STICKY HOISIN PORK

**with sweet and sour slaw, edamame
beans & rice noodles**

Get your taste buds buzzing with this quick, slick number! Carrot, mixed cabbage, and edamames in a tangy maple syrup pickle, tossed with juicy strips of pork neck steak, glassy noodles, and a sticky, umami hoisin and soy sauce.

Hands-On Time: 30 minutes

Overall Time: 40 minutes

Serves: 4 People

Chef: Kate Gomba

 **Easy Peasy**

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Ingredients & Prep

400g	Asian-Style Slaw
200g	Edamame Beans
80ml	Pickling Liquid (60ml Rice Wine Vinegar & 20ml Maple Syrup)
20ml	White Sesame Seeds
200g	Flat Rice Noodles
640g	Pork Neck Steak
2	Fresh Chilli <i>deseeded & thinly sliced</i>
180ml	Sticky Sauce (80ml Soy Sauce & 100ml Hoisin Sauce)

From Your Kitchen

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

1. SWEET 'N SOUR SLAW Place the Asian-style slaw in a bowl with the edamame beans. Pour over the pickling liquid, season to taste, and toss to coat. Set aside to pickle, tossing occasionally.

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

3. SOAK THE RICE NOODLES Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 6-8 minutes until cooked through and glassy. Taste to test, drain on completion, and toss through some oil to prevent sticking.

4. PERFECTLY PAR-COOKED PORK Return the pan or wok to a medium-high heat with a drizzle of oil. Pat the pork steaks dry with some paper towel and season to taste. When the pan is hot, fry the steaks for 6-8 minutes, shifting and turning as they colour until browned all over and cooked medium-rare. Remove from the pan on completion and set aside to rest for 5 minutes before slicing into thin strips.

5. IT'S ALL COMING TOGETHER! Drain the edamame slaw, reserving the pickling liquid. 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 the Sticky Sauce and the strips of pork to the pan, and stir through some reserved pickling liquid to taste. Gently simmer for 4-5 minutes until reduced and thickened, stirring occasionally. Then, add in the cooked noodles and half of the pickled slaw. Toss together for 2 minutes until the slaw is heated through and slightly wilted but still crunchy. Remove from the heat on completion.

6. DEVOUR YOUR DINNER Dish some saucy pork noodles into a bowl and top with the remaining pickled edamame slaw. Scatter over the toasted sesame seeds and garnish with any remaining fresh chilli if you'd like. Quick and easy, Chef!



Chef's Tip

You can use a wok for this recipe if you have one. The best thing about a wok is that it distributes heat more evenly and so requires less oil. It also ensures that food tossed during stir frying lands back in the pan and not all over the stove!

Nutritional Information

Per 100g

Energy	736kJ
Energy	176Kcal
Protein	9.5g
Carbs	16g
of which sugars	4.3g
Fibre	1.4g
Fat	8.4g
of which saturated	2.8g
Sodium	382mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Cook
within 2
Days