



UCCOOK

Ginger Pork & Cabbage Bowl

with roasted pumpkin

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Carb Conscious: Serves 1 & 2

Chef: Olivia Johnstone

Wine Pairing: Delheim Wines | Delheim Pintoage Rosé

Nutritional Info	Per 100g	Per Portion
Energy	267kj	2440kj
Energy	64kcal	583kcal
Protein	5.1g	46.3g
Carbs	6g	58g
of which sugars	2.6g	23.9g
Fibre	1.8g	16.2g
Fat	1.9g	17.3g
of which saturated	0.4g	3.8g
Sodium	159mg	1453mg

Allergens: Gluten, Allium, Sesame, Wheat, Soy

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Pumpkin Chunks
10ml	20ml	NOMU Oriental Rub
150g	300g	Pork Fillet
1	1	Onion <i>peel & roughly slice</i>
1	1	Bell Pepper <i>rinse, deseed & cut into strips</i>
10g	20g	Ginger <i>rinse, peel & grate</i>
1	1	Garlic Clove <i>peel & grate</i>
100g	200g	Cabbage
40ml	80ml	Sesame Soy <i>(30ml [60ml] Low Sodium Soy Sauce & 10ml [20ml] Sesame Oil)</i>
5ml	10ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel

1. ROAST Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. STIR-FRY Place a pan over high heat with a drizzle of oil. Pat the pork dry with paper towel and cut it into 1cm strips. When hot, fry the strips until browned, 30-60 seconds per side. Remove from the pan. Add the onion and the pepper, and fry until lightly charred, 3-4 minutes. Mix in the ginger, the garlic, the cabbage, and the sesame soy. Cook until the veg has slightly wilted but still crunchy, 1-2 minutes. Mix through the cooked pork, remove from the heat and season.

3. TIME TO EAT Dish up the stir-fry, scatter over the pumpkin, and sprinkle over the sesame seeds. Enjoy, Chef!