



UCOOK

Sesame-soy Pork Stir-fry

with toasted sesame seeds

Feeling the hunger pangs, Chef? Whip up this fuss-free stir-fry in no time, with golden pork mince, silky onion, carrot matchsticks, crunchy cabbage, & toasted sesame seeds. Infuse the dish with loads of umami with a very special sesame-soy dressing, grab the chopsticks, and savour away!

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Suné van Zyl

Carb Conscious

Bertha Wines | Bertha Shiraz 2021

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Ingredients & Prep

5ml	Black Sesame Seeds
1	Onion <i>peel & roughly dice ½</i>
150g	Pork Mince
10g	Fresh Ginger <i>peel & grate</i>
1	Garlic Clove <i>peel & grate</i>
100g	Cabbage
120g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
50ml	Sesame-soy Dressing <i>(30ml Low Sodium Soy Sauce, 10ml Sesame Oil & 10ml Brown Sugar)</i>

From Your Kitchen

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

1. POPPIN' SEEDS Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

2. CAUSE A STIR Place a pan over medium heat with a drizzle of oil. When hot, fry the diced onion until golden, 4-5 minutes (shifting occasionally). Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Add the grated ginger and the grated garlic. Fry until fragrant, 1-2 minutes (shifting constantly). Add the shredded cabbage and the carrot matchsticks. Fry until slightly softened but still crunchy, 1-2 minutes (shifting occasionally).

3. SOY GOOD Pour in the sesame-soy dressing. Loosen with a splash of water if too thick. Remove from the heat and season.

4. A GREAT PLATE Plate up the mince stir-fry and sprinkle over the toasted sesame seeds.

Nutritional Information

Per 100g

Energy	442kj
Energy	106kcal
Protein	5.1g
Carbs	7g
of which sugars	3.8g
Fibre	1.7g
Fat	6g
of which saturated	1.9g
Sodium	162mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Eat
Within
1 Day