



QCOOK

Ginger-soy Pork Rump Bowl

with green beans

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Calorie Conscious: Serves 1 & 2

Chef: Kate Gomba

Nutritional Info	Per 100g	Per Portion
Energy	393kj	2016kj
Energy	94kcal	482kcal
Protein	8.1g	41.5g
Carbs	12g	63g
of which sugars	2g	11g
Fibre	2g	8g
Fat	1g	5.2g
of which saturated	0.3g	1.5g
Sodium	246mg	1259mg

Allergens: Sulphites, Soya, Allium

Spice Level: Mild

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
50ml	100ml	Jasmine Rice
150g	300g	Pork Rump
100g	200g	Green Beans
1	1	Onion <i>peel & roughly slice ½ [1]</i>
10g	20g	Fresh Ginger <i>peel & grate</i>
1	2	Garlic Clove/s <i>peel & grate</i>
1	1	Fresh Chilli <i>rinse, trim, deseed & finely slice</i>
75g	150g	Julienne Carrots
40ml	80ml	Spicy Tamari <i>(15ml [30ml] Tamari Sauce, 5ml [10ml] Sambal Oelek, & 20ml [40ml] Rice Wine Vinegar)</i>

From Your Kitchen

Seasoning (salt & pepper)
Cooking Spray
Paper Towel
Water

1. **READY THE RICE** Rinse the rice and place in a pot with 100ml [200ml] 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 steam, 8-10 minutes. Fluff with a fork and cover.

2. **PERFECT PORK** Place a pan over medium-high heat. Pat the pork dry with paper towel, cut into strips, lightly coat with cooking spray, and season. When hot, sear the pork until lightly charred, 2-4 minutes (shifting occasionally). Remove from the pan.

3. **GINGER-SOY PORK** Rinse and slice the green beans in half. Return the pan to medium heat. Lightly coat the green beans and onion with cooking spray. Fry until lightly charred, 4-5 minutes (shifting occasionally). Add the ginger, garlic, chilli (to taste), and lightly spray with cooking spray. Fry until fragrant, 30-60 seconds. Mix in the carrots, pork, spicy tamari, and a splash of water. Simmer until the carrots are warmed through, 2-3 minutes. Remove from the heat.

4. **DINNER IS READY** Bowl up the rice, top with the ginger-soy pork, and garnish with any remaining chilli. Well done, Chef!