



UCCOOK

Vietnamese Caramelised Pork Bowl

with jasmine rice, lemongrass & pineapple


It's sweet, it's salty, it's beautifully caramelised and absolutely irresistible. Caramelised pork is served with mint, a fresh salsa and charred pineapple rings.


Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Ella Nasser

 Easy Peasy

 Anthonij Rupert | Cape of Good Hope
Riebeeksrivier Chenin Blanc

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Ingredients & Prep

75ml	Jasmine Rice
100g	Baby Tomatoes <i>halved</i>
35ml	Rice Wine Vinegar
1	Red Onion <i>½ peeled & finely diced</i>
10g	Fresh Ginger <i>peeled & grated</i>
1	Garlic Clove <i>peeled & grated</i>
1 stick	Lemongrass <i>white part grated</i>
1	Fresh Chilli <i>deseeded & sliced</i>
150g	Pork Mince
15ml	Fish Sauce
2	Tinned Pineapple Rings <i>drained</i>
5g	Fresh Mint <i>rinsed, picked & roughly sliced</i>
1	Spring Onion <i>trimmed & roughly sliced</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. FLUFFY JASMINE Rinse the rice and place in a pot over a medium-high heat. Submerge in 225ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. IN A PICKLE Place the halved tomatoes and the rice wine vinegar in a bowl. Toss until fully combined and set to pickle until serving.

3. GLORIOUS GOLDEN MINCE Place a pan over a medium heat with a drizzle of oil. When hot, fry the diced onion for 3-4 minutes until soft and translucent, shifting occasionally. Add in the grated ginger, the grated garlic, the grated lemongrass and the sliced chillies (to taste). Fry for 1-2 minutes, shifting constantly, until fragrant. Add the pork mince and cook for 2-4 minutes or until white all over, breaking it up as it cooks. Add a sweetener of choice and the fish sauce. Stir to combine, then leave until the juices evaporate and the pork starts to caramelise. Then stir it and leave it again for about 30 seconds to caramelise it further. Repeat twice more or until caramelised to your preference.

4. CHARRED GOODNESS Place a pan on a medium heat with a drizzle of oil. Once hot, char the pineapple rings for 2-3 minutes per side. Drain the vinegar from the tomatoes.

5. FINISHING TOUCH! Serve the caramelised pork over the fluffy jasmine rice. Serve the pickled tomato and charred pineapple on the side. Garnish with the sliced spring onions, any remaining chilli and sprinkle over the chopped mint!



Chef's Tip

If you're feeling fancy, slice the green parts of the spring onion into long, thin strips and place them in a bowl of ice water to make them curly for your garnish!

Nutritional Information

Per 100g

Energy	568kj
Energy	136Kcal
Protein	5.9g
Carbs	14g
of which sugars	2.8g
Fibre	1.1g
Fat	6g
of which saturated	2.1g
Sodium	261mg

Allergens

Allium, Fish

Cook
within 2
Days