

UCCOOK

Sticky Korean Pork Belly

with jasmine rice & charred green beans

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	1396kJ	7248kJ
Energy	334kcal	1734kcal
Protein	5.6g	29.1g
Carbs	16g	82g
of which sugars	4g	20.7g
Fibre	1.3g	6.8g
Fat	23.4g	121.6g
of which saturated	7.9g	41.1g
Sodium	165mg	854mg

Allergens: Egg, Gluten, Sesame, Wheat, Sulphites, Tree Nuts, Soy, Sugar Alcohol (Sweetener)

Spice Level: None

Eat Within 2 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Jasmine Rice <i>rinse</i>
15ml	20ml	Mixed Sesame Seeds
30g	40g	Cashew Nuts <i>roughly chop</i>
240g	320g	Green Beans <i>rinse</i>
150g	200g	Cucumber <i>rinse & cut into rounds</i>
60g	80g	Radish <i>rinse & slice into rounds</i>
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>
90ml	125ml	Kewpie Mayo
600g	800g	Pork Belly Pieces <i>cut into bite-sized chunks</i>
150ml	200ml	Sticky Sauce <i>(15ml [20ml] Gochujang, 60ml [80ml] Mrs Balls Chutney, 30ml [40ml] Tomato Sauce, 30ml [40ml] Low Sodium Soy Sauce & 15ml [20ml] Sesame Oil)</i>

From Your Kitchen

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

1. **READY THE RICE** Place the rice in a pot with 450ml [600ml] 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. **SEEDS & NUTS** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium heat with the cashews. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside separately from the sesame seeds.

3. **BEAN THERE** Return the pan to medium-high heat with a drizzle of oil. Add the green beans and fry until starting to char, 5-6 [6-7] minutes (shifting occasionally). Remove from the pan, season, and cover.

4. **PEPPERY SALAD** Place the cucumber and radish into a bowl and toss with ½ the coriander, a drizzle of olive oil and seasoning. Set aside. Loosen the mayo with water in 5ml increments until drizzling consistency. Set aside.

5. **PORK BELLY** Return the pan to medium-high heat. Pat the pork belly dry with paper towel and lightly season. Sear the pork until browned and cooked through (the pork will render its own fat), 3-5 minutes per side. Remove from the heat, drain any excess oil, and toss through the sticky sauce and ½ the toasted sesame seeds.

6. **ALL DONE!** Dish up a bowl of jasmine rice. Top with the green beans and the sticky pork belly. Spoon over any remaining sauce from the pan. Serve the radish & cucumber salad alongside. Drizzle over the loosened mayo. Sprinkle over the remaining sesame seeds and coriander and the toasted cashews. Yummy, Chef!