



UCOOK

Pork Fillet & Veggies

with a sweet & sour sauce, fluffy jasmine rice & toasted cashew nuts

It's simple. It's sweet. It's sour. And it saves time & effort in the kitchen! Soon you will be enjoying a mouthful of fluffy jasmine rice, with juicy pork, peppers, carrots & onions coated in a yummy sweet & sour sauce. Topped with toasted cashews and fresh coriander.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Jason Johnson

Fan Faves

 Waterford Estate | Waterford Grenache Noir

Loved the dish? Let us know. Join the **UCOOK** community. Share your creations + tag us @ucooksa #lovingucook

Ingredients & Prep

200ml	Jasmine Rice <i>rinse</i>
20g	Cashew Nuts <i>roughly chop</i>
300g	Pork Fillet
1	Bell Pepper <i>rinse, deseed & cut into strips</i>
240g	Carrot <i>rinse, trim, peel & cut into bite-sized pieces</i>
1	Onion <i>peel & roughly slice</i>
1	Garlic Clove <i>peel & grate</i>
200ml	Sweet 'n Sour Sauce <i>(100ml Tomato Sauce & 100ml Rice Wine Vinegar)</i>
60g	Piquanté Peppers <i>drain</i>
5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. FLUFFY RICE Place the rinsed rice in a pot with 400ml 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 set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. TOASTED CASHEWS Place the chopped cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. SIZZLING PORK Return the pan to medium-high heat with a drizzle of oil. Pat the pork dry with paper towel. When hot, sear the pork until browned, 4-5 minutes (shifting as it colours). Cover with a lid and fry until cooked through, 4-5 minutes. In the final minute, baste the pork with a knob of butter. Remove from the pan and rest for 3-5 minutes before slicing and seasoning.

4. CHARRED PEPPERS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced green peppers until lightly charred but still crunchy, 3-4 minutes (shifting occasionally). Remove from the pan.

5. SWEET 'N SOUR Return the pan to medium-high heat with a drizzle of oil. When hot, fry the carrot pieces and the sliced onion until the onions are golden brown and the carrots are still crunchy, 5-6 minutes. Add the grated garlic and fry until fragrant, 30-60 seconds. Add the sweet 'n sour sauce, 20ml of sweetener (to taste), and 200ml of water. Simmer until reduced and thickened, 8-10 minutes. In the final 1-2 minutes, add the pork slices and the charred peppers. Remove from the heat and season.

6. DINNER TIME! Make a bed of the fluffy rice and top with the loaded sweet 'n sour pork & veggie goodness. Scatter over the toasted nuts and the drained piquanté peppers, and garnish with the chopped coriander. Well done, Chef!

Nutritional Information

Per 100g

Energy	451kJ
Energy	108kcal
Protein	6.4g
Carbs	16g
of which sugars	4g
Fibre	1.3g
Fat	1.6g
of which saturated	0.4g
Sodium	113mg

Allergens

Allium, Sulphites, Tree Nuts, Cow's Milk

Eat
Within
2 Days