



UCOOK

Sticky Pork Rice Bowl

with cucumber & edamame beans

If you're in a pickle with what to make for dinner, this recipe will come to the rescue, Chef! A lightly pickled medley of edamame beans & cucumber is served with aromatic jasmine rice, NOMU Oriental Rub-infused pork strips coated in a special Asian UCOOK sauce, and garnished with sesame seeds.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Jordyn Henning

Quick & Easy

Cathedral Cellar Wines | Cathedral Cellar-Chardonnay

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>
60ml	Rice Wine Vinegar
200g	Cucumber <i>rinse & cut into bite-sized pieces on the diagonal</i>
80g	Edamame Beans
320g	Pork Neck Steak
10ml	NOMU Oriental Rub
1	Bell Pepper <i>rinse, deseed & cut into strips</i>
2 units	UCOOK Asian Sauce
10ml	White Sesame Seeds

From Your Kitchen

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

1. 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. SOME PREP In a bowl, combine the vinegar with 10ml of sweetener, and 2 tbsp of water. Add the cucumber pieces, the edamame beans, seasoning, and toss to combine.

3. PORK Pat the pork dry with paper towel, cut into 1cm strips, and coat in the NOMU rub. Place a pan over medium-high heat with a drizzle of oil. When hot, sear the strips until browned, 1-2 minutes per side. Add the sliced pepper and fry until lightly charred, 1-2 minutes. Mix in the Asian sauce and 40ml of water. Simmer until warmed through and silky, 1-2 minutes. Remove from heat.

4. DINNER IS READY Make a bed of the rice, top with the saucy pork strips, and side with the pickled greens. Sprinkle over the sesame seeds. Dig in, Chef!



Chef's Tip

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.

Nutritional Information

Per 100g

Energy	817kJ
Energy	195kcal
Protein	4.2g
Carbs	14g
of which sugars	2.2g
Fibre	1.3g
Fat	13.5g
of which saturated	4.6g
Sodium	167mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Fish, Soy, Shellfish

Eat
Within
2 Days