



UCOOK

Sticky Teriyaki Pork Noodles

with pak choi, kimchi, edamame beans & peanuts

Practically no prep pork with tonnes of Japanese-inspired flavour! A tantalising teriyaki sauce with oodles of soba noodles, sticky pork strips, and perfect pak choi – all flecked with kimchi, edamame beans and toasted peanuts.


Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Kate Gomba

 Health Nut

 No paired wines

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Ingredients & Prep

45g	Peanuts
15ml	Beef Stock
150g	Soba Noodles
240g	Edamame Beans <i>shelled</i>
450g	Pak Choi <i>trimmed at the base</i>
450g	Pork Schnitzel (without crumb)
165ml	Sticky Teriyaki Sauce <i>(85ml Low Sodium Soy Sauce, 65ml Honey & 15ml Rice Wine Vinegar)</i>
90g	Kimchi <i>drained & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel

1. EARTHY GROUNDNUTS Boil a full kettle for step 2. Place a pan or wok over a medium heat. When hot, toast the peanuts for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

2. GET THE NOODLES GOING Dilute the stock with 200ml of boiling water and set aside. Fill a pot with boiling water, add a pinch of salt, and place over a high heat. Once bubbling rapidly, cook the noodles for 6-8 minutes until tender. Drain on completion and run under cold water to stop the cooking process. Return to the pot, toss through some oil to prevent sticking, and set aside. Place the edamame beans, with the shells removed, in salted boiling water for 3-4 minutes until plumped up. Drain on completion and set aside for serving.

3. PAK CHOI PREP Separate the trimmed pak choi leaves from the stems and rinse well. Slice the green leaves in half lengthways and set aside. Finely slice the stems. Return the pan or wok to a medium heat with a drizzle of oil. When hot, sauté the stems for 3-4 minutes until slightly softened. Transfer to a bowl on completion, cover to keep warm, and set aside.

4. BROWN THE PORK Return the pan or wok to a medium-high heat with another drizzle of oil. Pat the pork dry with paper towel and slice into 2cm thick strips. When the pan is hot, flash fry for 1-2 minutes until browned but not cooked through, shifting as they colour. You may need to do this step in batches. On completion, add to the bowl of pak choi stems.

5. TERRIFIC TERIYAKI Return the pan or wok to the heat and pour in the diluted stock. Mix in the sticky teriyaki sauce and bring to a simmer. Allow to reduce for 7-8 minutes until slightly reduced, stirring occasionally. Once reduced, stir through the cooked noodles, pork strips, pak choi stems and leaves. Cook for 3-4 minutes until the leaves are wilted and the pork is cooked through. Season to taste and remove from the heat on completion.

6. WARM & SOULFUL Dish up a bowl of saucy teriyaki pork noodles. Scatter over the edamame beans, and chopped kimchi to taste, garnish with the chopped peanuts. Itadakimasu - Time to receive this beautiful meal.

Nutritional Information

Per 100g

Energy	539kJ
Energy	129Kcal
Protein	10.6g
Carbs	15g
of which sugars	5.7g
Fibre	1.5g
Fat	3g
of which saturated	0.6g
Sodium	438mg

Allergens

Gluten, Allium, Peanuts, Wheat,
Sulphites, Soy

Cook
within 2
Days