



# UCCOOK

## Ginger Pork & Cabbage Bowl

with roasted pumpkin

**Hands-on Time:** 45 minutes

**Overall Time:** 55 minutes

**Carb Conscious:** Serves 3 & 4

**Chef:** Olivia Johnstone

**Wine Pairing:** Delheim Wines | Delheim Pintoage Rosé

### Nutritional Info

	Per 100g	Per Portion
Energy	267kj	2440kj
Energy	64kcal	583kcal
Protein	5.1g	46.3g
Carbs	6g	58g
of which sugars	2.6g	23.9g
Fibre	1.8g	16.2g
Fat	1.9g	17.3g
of which saturated	0.4g	3.8g
Sodium	159mg	1453mg

**Allergens:** Gluten, Allium, Sesame, Wheat, Soy

Eat Within 2 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Pumpkin Chunks
30ml	40ml	NOMU Oriental Rub
450g	600g	Pork Fillet
2	2	Onions <i>peel &amp; roughly slice</i>
2	2	Bell Peppers <i>rinse, deseed &amp; cut into strips</i>
30g	40g	Ginger <i>rinse, peel &amp; grate</i>
2	2	Garlic Cloves <i>peel &amp; grate</i>
300g	400g	Cabbage
120ml	160ml	Sesame Soy <i>(90ml [120ml] Low Sodium Soy Sauce &amp; 30ml [40ml] Sesame Oil)</i>
15ml	20ml	Black Sesame Seeds

## From Your Kitchen

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

**1. ROAST** Preheat the oven to 200°C. Spread the pumpkin on a roasting tray. Coat in oil, the NOMU rub, and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. STIR-FRY** Place a pan over high heat with a drizzle of oil. Pat the pork dry with paper towel and cut it into 1cm strips. When hot, fry the strips until browned, 30-60 seconds per side. Remove from the pan. Add the onion and the pepper, and fry until lightly charred, 4-5 minutes. Mix in the ginger, the garlic, the cabbage, and the sesame soy. Cook until the veg has slightly wilted but still crunchy, 2-3 minutes. Mix through the cooked pork, remove from the heat and season.

**3. TIME TO EAT** Dish up the stir-fry, scatter over the pumpkin, and sprinkle over the sesame seeds. Enjoy, Chef!