



# UCOOK

## Korean Pork Medallions

**with mung bean noodles, peanuts & spring onion**

A beautiful cut of meat - the pork fillet, is the tender star here. Cut into medallions and marinated to perfection in flavour excess. Paired with fresh fried ginger, glassy mung bean noodles and spring onions. The Korean flavours meld together with it all to bring you something truly satisfying and utterly moreish.

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**Hands-On Time:** 30 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person

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**Chef:** Alex Levett

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♥ Health Nut

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🍷 Haute Cabrière | Pinot Noir Réserve

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## Ingredients & Prep

|        |                                                                                                                    |
|--------|--------------------------------------------------------------------------------------------------------------------|
| 50ml   | Sesame-Soy Marinade<br><i>(20ml Low Sodium Soy Sauce, 15ml Rice Wine Vinegar, 10ml Honey &amp; 5ml Sesame Oil)</i> |
| 5ml    | Gochujang Paste                                                                                                    |
| 1      | Spring Onion<br><i>finely sliced, keeping the white &amp; green parts separate</i>                                 |
| 150g   | Pork Fillet<br><i>cut into 1-2cm thick medallions/rounds</i>                                                       |
| 25g    | Peanuts                                                                                                            |
| 1 cake | Mung Bean Vermicelli Noodles                                                                                       |
| 15g    | Fresh Ginger<br><i>peeled &amp; grated</i>                                                                         |
| 150g   | Shredded Cabbage & Julienne Carrot                                                                                 |
| 4g     | Fresh Mint<br><i>rinsed, picked &amp; roughly chopped</i>                                                          |

## From Your Kitchen

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

**1. FLAVOUR INJECTION** In a bowl, combine the sesame-soy marinade with the gochujang paste and white spring onion slices. Pour ½ the marinade into a separate bowl for the stir fry sauce. Place the pork medallions into the remaining marinade and mix until nicely coated. Set aside to marinate for at least 5-10 minutes.

**2. PEANUTS** Boil the kettle for step 3. Place the peanuts in a pan over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

**3. SILKY NOODLES** Using a shallow bowl, submerge the noodles in boiling water and add a pinch of salt. Give them a stir, cover with a plate, and set aside to soak for 6-8 minutes until cooked and glassy. Drain on completion and toss through some oil to prevent sticking.

**4. FRY** Place a pan over a high heat with a drizzle of oil. When hot, remove the pork from the marinade, and discard the liquid. Sear the pork for 4-5 minutes until browned all over, shifting as they colour. Remove from the pan on completion and season.

**5. BRING IT HOME** Return the pan to a medium-high heat. When hot, fry the grated ginger and the cabbage and carrot mix for 1-2 minutes, until slightly wilted but still crunchy. Add the reserved marinade from step 1 to the hot pan, reduce the heat to medium and simmer for 2-3 minutes until reduced and thickening. In the final 1-2 minutes, add the pork medallions to baste and heat through.

**6. NOW WE DINE** Dish up a plate of glassy noodles and top with the pork stir fry along with any sauce from the pan. Sprinkle over the toasted peanuts and garnish it with the freshly chopped mint and green spring onion slices. Dig in!



## Chef's Tip

The longer the marination, the better! If you can, complete the marinating step 1-2 hours before you start cooking. You can even marinate it in the fridge overnight!

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 710kJ   |
| Energy             | 170Kcal |
| Protein            | 8.8g    |
| Carbs              | 21g     |
| of which sugars    | 4.1g    |
| Fibre              | 1.5g    |
| Fat                | 4.9g    |
| of which saturated | 0.9g    |
| Sodium             | 183mg   |

## Allergens

Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy

Cook  
within 2  
Days