



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.

Hands-On Time: 45 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Alex Levett

♥ Health Nut

🍷 Haute Cabrière | Pinot Noir Réserve

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Ingredients & Prep

200ml	Sesame-Soy Marinade <i>(80ml Low Sodium Soy Sauce, 60ml Rice Wine Vinegar, 40ml Honey & 20ml Sesame Oil)</i>
20ml	Gochujang Paste
4	Spring Onions <i>finely sliced, keeping the white & green parts separate</i>
600g	Pork Fillet <i>cut into 1-2cm thick medallions/rounds</i>
100g	Peanuts
4 cakes	Mung Bean Vermicelli Noodles
60g	Fresh Ginger <i>peeled & grated</i>
600g	Shredded Cabbage & Julienne Carrot
15g	Fresh Mint <i>rinsed, picked & 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 3-4 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 3-4 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