



Eat Within 2 Days

UCCOOK

Gochujang Pork Belly & Fried Rice

with roasted sesame butternut

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Adventurous Foodie: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Sauvignon Blanc

Nutritional Info	Per 100g	Per Portion
Energy	894kJ	7233kJ
Energy	214kcal	1730kcal
Protein	4.1g	33.3g
Carbs	17g	134g
of which sugars	3.2g	26.3g
Fibre	1.5g	12.2g
Fat	13.9g	112.7g
of which saturated	4.9g	39.3g
Sodium	148mg	1196mg

Allergens: Sulphites, Gluten, Sesame, Sugar Alcohol (Sweetener), Wheat, Soya, Allium

Spice Level: Hot

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
150g	300g	Butternut Chunks <i>cut into small chunks</i>
5ml	10ml	Sesame Oil
5ml	10ml	NOMU Oriental Express
100ml	200ml	Jasmine Rice <i>rinse</i>
1	1	Garlic Clove <i>peel & grate</i>
50ml	100ml	Gochujang Sauce <i>30ml [60ml] Tomato Sauce, 12.5ml [25ml] Gochujang & 7.5ml [15ml] Soy Sauce</i>
200g	400g	Pork Belly Pieces
1	1	Onion <i>peel & finely slice ½ [1]</i>
50g	100g	Corn
100g	200g	Cabbage <i>rinse & finely shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

Paper Towel

1. SESAME BUTTERNUT Preheat the oven to 200°C. Spread the butternut on a roasting tray. Coat in oil, sesame oil, NOMU rub, and season. Roast in the hot oven until golden, 20-25 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 15-20 minutes (shifting halfway).

2. RICE Place the rice in a pot with 150ml [300ml] 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 steam, 8-10 minutes. Fluff with a fork and cover.

3. PORK BELLY Combine the garlic, gochujang sauce, and a splash of water. Place a pan over medium-high heat with a light drizzle of oil. Pat the pork dry with paper towel and season. When hot, sear the pork until crispy, golden brown, and cooked through, 8-10 minutes per side (shifting occasionally until all the sides are golden). In the final 1-2 minutes, discard the excess oil and baste with the gochjang sauce. Remove from the pan with all the pan juices. Rest for 5 minutes before thinly slicing.

4. FRIED RICE Return the pan, wiped down if necessary, to medium heat with a drizzle of oil. Fry the onion and the corn until lightly golden, 4-6 minutes (shifting occasionally). Mix in the rice and the cabbage. Fry until combined and warmed through, 2-3 minutes. Remove from the heat and season.

5. TIME TO DINE Bowl up the fried rice, top with the gochujang pork belly, and serve with the sesame butternut. Dig in, Chef!