



UCCOOK

Pork Mince Satay Skewers

with braised cabbage & green beans

Healthy pork mince skewers served with a simple yet super tasty satay sauce and braised cabbage. Steamed green beans and toasted peanuts finish off this incredibly delicious yet totally carb-friendly dinner!


Hands-On Time: 25 minutes

Overall Time: 35 minutes

Serves: 1 Person

Chef: Hannah Duxbury

 Carb Conscious

 Fat Bastard | Chardonnay

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Ingredients & Prep

2	Wooden Skewers
100g	Green Beans <i>trimmed</i>
1	Red Pepper <i>½ rinsed, deseeded & cut into bite-sized pieces</i>
200g	Cabbage <i>thinly sliced</i>
1	Lime <i>½ cut into wedges</i>
150g	Pork Mince
10ml	Oriental Blend
1	Garlic Clove <i>peeled & finely grated</i>
1	Spring Onion <i>finely sliced, keeping the white & green parts separate</i>
30ml	Story Time Spicy Peanut Butter
4g	Fresh Coriander <i>rinsed & roughly chopped</i>
10g	Peanuts <i>roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter (optional)

1. BEAN THERE, TASTED THAT Place the skewers in a shallow dish, cover with water, and allow to soak for 10 minutes (this prevents them from burning when over the heat). Place a pan over a medium-high heat with a drizzle of oil. When hot, fry the trimmed green beans and the red pepper pieces for 3-4 minutes until cooked al dente and starting to brown. Season to taste and remove from the pan on completion.

2. BRAISED CABBAGE Return the pan (wiped down if necessary) to a medium heat with a drizzle of oil and a knob of butter (optional). When hot, add the sliced cabbage and fry for 2-3 minutes until softened, shifting occasionally. Remove from the pan on completion. Season with salt, pepper, and a squeeze of lime juice. Cover to keep warm.

3. SKEWER CITY In a bowl, combine the pork mince, the Oriental blend, ½ the grated garlic, the spring onions whites, and some seasoning. Lightly wet your hands, to stop the mixture from sticking to them, and roll into 4-5 meatballs. Thread 2-3 meatballs on to each skewer and tightly squeeze the mixture around the skewers. Return the pan, wiped down if necessary, to a medium-high heat with a drizzle of oil. When hot, add the pork skewers and fry for 2-3 minutes per side, until golden and cooked through. Remove from the pan on completion.

4. SAUCY SATAY Return the pan to a medium-high heat with the peanut butter, 50ml of water, and the remaining garlic. Mix until fully combined and leave to simmer for 1-2 minutes until thickened slightly. On completion, add a squeeze of lime juice and sweetener of choice (to taste), and an extra splash of water if the sauce is too thick for your liking.

5. LET'S EAT! Pile up the braised cabbage, the browned beans, and the red pepper pieces. Top with the pork skewers and drizzle over the satay sauce. Finish off with a garnishing of chopped coriander, the spring onions greens, and the chopped peanuts. Serve with a lime wedge. Well done, Chef!

Nutritional Information

Per 100g

Energy	493kJ
Energy	118Kcal
Protein	6.2g
Carbs	5g
of which sugars	2.5g
Fibre	2.3g
Fat	7.7g
of which saturated	2.3g
Sodium	8mg

Allergens

Allium, Sesame, Peanuts

Cook
within 1
Day