



U C O O K

— COOKING MADE EASY

Thai-Style Marinated Pork

with a sweet 'n sour nam jim sauce, pak choy & fluffy basmati

Don't worry, the total cooking time includes 30 minutes when the pork is left to marinate! Nam jim is Thai for 'dipping sauce' and is made of sweet, sour, and salty ingredients. Our unique version is for trickling over your succulent, flavour-infused pork neck steak.

Hands-On Time: 25 minutes

Overall Time: 50 minutes

Serves: 1 Person

Chef: Tess Witney

 **Easy Peasy**

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Ingredients & Prep

20ml	Fish Sauce
10g	Fresh Ginger <i>peeled & grated</i>
1	Lime <i>one half zested & cut into wedges</i>
160g	Pork Neck Steak
100ml	White Basmati Rice
25ml	Orange Juice
10ml	Tamarind Paste
1	Spring Onion <i>finely chopped</i>
1	Garlic Clove <i>peeled & grated</i>
4g	Fresh Coriander <i>rinsed & finely chopped</i>
2.5ml	Dried Chilli Flakes
100g	Pak Choi <i>trimmed</i>

From Your Kitchen

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

1. THAI MARINADE Place a nonstick pan over a medium-high heat. Add in the fish sauce and stir through 1 tbsp of a sweetener of choice. Pour into a dish and add the grated ginger and a generous pinch of lime zest. Once cooled, place the pork in the dish and toss to coat. Marinate in the fridge for between 30 minutes and 4 hours.

2. BOIL THE BASMATI Once the pork has marinated for at least 10 minutes, rinse the rice and place in a pot over a medium-high heat. Submerge in 225ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 10 minutes until the water has been absorbed. Keeping the lid on, remove from the heat and allow to steam for another 10 minutes. On completion, drain if necessary and fluff with a fork.

3. NAM JIM SAUCE Return the pan to a medium heat, pour in the orange juice, and whisk in the tamarind. Simmer for 4-5 minutes until reduced slightly. In a bowl, combine the diced spring onion with half of the grated garlic, three-quarters of the chopped coriander, and the juice of 1 lime wedge. Once the orange juice has reduced, add it to the bowl. Mix in 2 tbsp of a sweetener of choice until dissolved. Add the chilli flakes to taste, season, and set aside for serving.

4. PAK CHOI Separate the pak choi and rinse well. Slice the green leaves in half lengthways and set aside. Finely slice the stems. Return the pan to a medium heat with a drizzle of oil. When hot, fry the stems for 2-3 minutes until soft. Add the leaves and remaining garlic, and sauté for 1-2 minutes until wilted. Transfer to a bowl and season to taste. Cover and set aside to keep warm.

5. SIZZLE THE PORK Return the pan to a medium heat with another drizzle of oil. When hot, fry the pork for 4-6 minutes per side until cooked and crispy. (The time this takes will depend on the thickness of the pork.) In the final minute, baste with any remaining marinade. Remove from the pan on completion and allow to rest for 5 minutes before slicing.

6. TIME TO DINE Serve up some rice and cover in pak choi. Lay the pork slices on top and smother in the nam jim sauce. Garnish with the remaining coriander and any remaining lime zest to taste. Serve with a lime wedge on the side. Scrumptious!



Chef's Tip

The longer you marinate the meat, the better! So if time is on your side, complete the marinating step an hour or two before you plan to start cooking. You can even marinate it in the fridge overnight!

Nutritional Information

Per 100g

Energy	688kj
Energy	164Kcal
Protein	8.4g
Carbs	18g
of which sugars	2g
Fibre	1.2g
Fat	6.5g
of which saturated	2.2g
Sodium	387mg

Allergens

Allium, Fish

Cook
within 2
Days