

# UCOOK

## Asian Pork Noodle Bowl

with black sesame seeds & cabbage

Ribbons of carrot, strings of al dente egg noodles, & thin strips of NOMU Oriental Rub-spiced buttery pork are intertwined with crunchy cabbage, & fresh chilli. Everything is coated in an umami-rich tangy fish sauce and dotted with black sesame seeds. It's culinary art on a plate, Chef!

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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Simple & Save

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Laborie Estate | Laborie Chardonnay

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## Ingredients & Prep

1 cake	Egg Noodles
1	Garlic Clove <i>peel &amp; grate</i>
20ml	Tangy Fish Sauce <i>(5ml Fish Sauce &amp; 15ml Rice Wine Vinegar)</i>
150g	Pork Schnitzel (without crumb)
5ml	NOMU Oriental Rub
100g	Cabbage <i>rinse &amp; thinly slice ½</i>
120g	Carrot <i>rinse, trim &amp; peel into ribbons</i>
1	Fresh Chilli <i>rinse, trim, deseed &amp; finely slice</i>
5ml	Black Sesame Seeds

## From Your Kitchen

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

**1. NOODLES** Bring a pot of salted water to a boil for the noodles. Cook the noodles until al dente, 7-8 minutes. Drain and rinse in cold water.

**2. DRESSING** Place a pan over a medium heat with a drizzle of oil and a knob of butter. When hot, fry the grated garlic until fragrant, 30-60 seconds. Pour in the tangy fish sauce, 2 tbsp of water, and a sweetener (to taste). Mix to combine and remove from the pan.

**3. PORK** Return the pan to medium-high heat with a drizzle of oil and a knob of butter (optional). Pat the schnitzel dry with paper towel and coat with the NOMU rub. When hot, sear the schnitzel until browned, 30-60 seconds per side. Remove from the pan and season. Cut into thin strips.

**4. CABBAGE** Return the pan, wiped down if necessary, with a drizzle of oil. When hot, fry the sliced cabbage until slightly wilted but still crunchy, 1-2 minutes. Remove from the pan and season.

**5. JUST BEFORE SERVING** In a salad bowl, combine the carrot ribbons, the noodles, the cabbage, the pork strips, a drizzle of olive oil, and seasoning.

**6. TIME TO EAT** Dish up the noodle salad, drizzle over the dressing, and scatter over the sliced chilli (to taste). Sprinkle over the sesame seeds and dig in, Chef!

## Nutritional Information

Per 100g

Energy	505kJ
Energy	121kcal
Protein	9.7g
Carbs	15g
of which sugars	2.3g
Fibre	1.6g
Fat	2.1g
of which saturated	0.6g
Sodium	172mg

## Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Fish, Cow's Milk, Shellfish

Eat  
Within  
2 Days