



# UCCOOK

## Kung Pao Pork & Cauli Rice

with a pickled pepper & cucumber salad

Pork strips are marinated in a delicious sweet, salty and spicy concoction before being pan fried to tender, sticky perfection. Served with fluffy homemade cauliflower rice and a zingy pickled pepper & cucumber salad, balance and flavour are the names of the game in this amazing dish!

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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:** Ella Nasser

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 Carb Conscious

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 Boschendal | 1685 Chardonnay

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## Ingredients & Prep

20ml	Low Sodium Soy Sauce
5ml	Dried Chilli Flakes
1	Spring Onion <i>finely sliced, keeping the white &amp; green parts separate</i>
10ml	Sesame Oil
25ml	Hoisin Sauce
150g	Pork Schnitzel (without crumb) <i>cut into strips</i>
200g	Cauliflower Florets
20g	Pickled Bell Peppers <i>drained &amp; roughly chopped</i>
100g	Cucumber <i>roughly diced</i>
5ml	White Sesame Seeds

## From Your Kitchen

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

**1. FIND THE SAUCE** In a bowl, combine the soy sauce, the chilli flakes (to taste), the spring onion whites, the sesame oil, the hoisin sauce, a sweetener of choice (to taste), and seasoning. Add the pork strips and toss until fully coated. Set aside to marinate for at least 5-10 minutes.

**2. CAULI RICE** Grate the cauliflower florets. Alternatively, pulse in a blender or food processor until it resembles rice. Place a pan, with a lid, over a high heat with a drizzle of oil. When hot, fry the cauli rice for 10-12 minutes, shifting occasionally, until softened. In the final 5 minutes, cover with the lid. Remove from the pan on completion and place in a bowl. Season to taste, cover to keep warm, and set aside for serving.

**3. FRY DAY** Return the pan to a high heat with a drizzle of oil. When hot, remove the pork strips from the marinade, reserving the marinade in the bowl, and pan-fry for 30-60 seconds per side until golden and cooked through. In the final minute, baste the pork in the reserved marinade. Season to taste.

**4. QUICK SALAD** In a bowl, combine the chopped pickled peppers, the diced cucumber, a drizzle of oil and seasoning.

**5. WOW, WOW KING PAO!** Plate up a hearty helping of the cauli rice and smother in the saucy Kung Pao pork strips. Drizzle over any remaining sauce from the pan. Sprinkle over the sesame seeds and the spring onion greens. Serve the zingy pepper & cucumber salad on the side. Kung-Wow, Chef!

## Nutritional Information

Per 100g

Energy	347kJ
Energy	83Kcal
Protein	7.6g
Carbs	5g
of which sugars	3.1g
Fibre	1.2g
Fat	3.4g
of which saturated	0.7g
Sodium	3mg

## Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook  
within 2  
Days