




 **54%**  
HEALTH SCORE

# Pork Shoulder Rajas with Quick Kimchi in Lettuce Leaves with Kojuchang Sauce


 **Gluten Free**  **Dairy Free**

READY IN




**220 min.**

SERVINGS



**4**

CALORIES



**388 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 tablespoons asian fish sauce
- 4 servings boston lettuce leaves
- 12 ounce cola soda canned (recommended: Coke)
- 0.3 cup cilantro leaves fresh coarsely chopped
- 1 inch ginger fresh peeled chopped
- 2 cloves garlic finely chopped
- 6 cloves garlic chopped

- 8 cloves garlic chopped
- 2 green onions halved lengthwise thinly sliced
- 6 green onions thinly sliced
- 0.5 teaspoon coarsely ground pepper black
- 2 teaspoons honey
- 4 servings kojuchang sauce
- 4 servings kimchi quick
- 2 tablespoons kochujang
- 4 tablespoons kosher salt
- 2 pounds napa cabbage shredded halved
- 1.5 pound pork shoulder steak trimmed
- 1 tablespoon rice vinegar
- 2 tablespoons rice vinegar
- 3 tablespoons rice vinegar
- 1 serrano chiles chopped
- 1 teaspoon sesame oil
- 2 tablespoons sesame oil
- 2 tablespoons sesame seed toasted
- 2 teaspoons sesame seed toasted
- 0.3 cup soya sauce
- 1 tablespoon soya sauce
- 2 tablespoons water

## Equipment

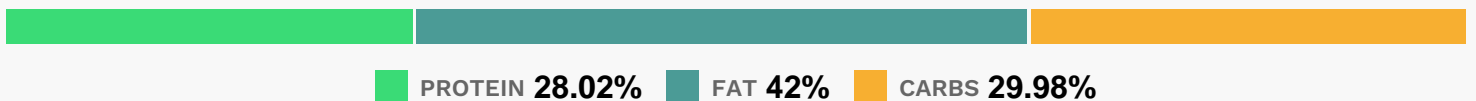
- food processor
- bowl
- whisk
- baking pan
- grill

- kitchen thermometer
- aluminum foil
- cutting board

## Directions

- Watch how to make this recipe.
- Put the cabbage in a large bowl, toss with the salt and let stand, tossing occasionally, about 2 hours. Rinse the cabbage well, then drain and squeeze out the excess water with your hands.
- Transfer to a large clean bowl.
- Combine the garlic, serrano, ginger, fish sauce, vinegar and 2 tablespoons of water in a food processor and process until smooth.
- Pour over the cabbage, add the green onion and sesame seeds and toss to combine. Cover and let marinate at room temperature for at least 1 hour, stirring a few times.
- Whisk together the cola, soy, vinegar, sesame oil, garlic, cilantro and black pepper in a large baking dish until combined.
- Add the pork steak and turn to coat. Cover and let marinate in the refrigerator for at least 2 hours and up to 8 hours.
- Heat the grill to high.
- Remove the pork steak from the marinade 30 minutes before grilling to take the chill off. Grill the steak until golden brown, charred on both sides, cooked to medium doneness, and an instant-read thermometer inserted into the center registers 150 degrees F, about 15 minutes.
- Remove from the grill to a cutting board and let rest, loosely tented with foil for 10 minutes.
- Cut against the grain into thin strips. Fill lettuce leaves with some of the pork, a drizzle of the sauce and top with the kimchi. Arrange on a serving platter and serve.
- Whisk all the ingredients together in a small bowl.

## Nutrition Facts



## Properties

Glycemic Index:157.57, Glycemic Load:10, Inflammation Score:-9, Nutrition Score:35.738260911859%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 3.59mg, Quercetin: 3.59mg, Quercetin: 3.59mg

## Nutrients (% of daily need)

Calories: 387.53kcal (19.38%), Fat: 18.55g (28.54%), Saturated Fat: 4.18g (26.11%), Carbohydrates: 29.8g (9.93%), Net Carbohydrates: 25.2g (9.16%), Sugar: 16.04g (17.82%), Cholesterol: 69.52mg (23.17%), Sodium: 8697.27mg (378.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 6.8mg (2.27%), Protein: 27.84g (55.69%), Vitamin K: 153.51µg (146.2%), Vitamin C: 72.72mg (88.15%), Vitamin B1: 1.11mg (73.79%), Vitamin B6: 1.25mg (62.68%), Folate: 215.11µg (53.78%), Selenium: 36.69µg (52.42%), Manganese: 1mg (49.82%), Phosphorus: 375.63mg (37.56%), Vitamin B3: 6.88mg (34.41%), Potassium: 1150.37mg (32.87%), Vitamin B2: 0.53mg (31.19%), Zinc: 4.58mg (30.51%), Calcium: 296.01mg (29.6%), Copper: 0.5mg (25.18%), Magnesium: 99.6mg (24.9%), Iron: 4.1mg (22.79%), Vitamin A: 1101.93IU (22.04%), Fiber: 4.6g (18.38%), Vitamin B12: 0.9µg (15.07%), Vitamin B5: 1.28mg (12.82%), Vitamin E: 0.6mg (4.02%)