



Quick & easy Korean pork

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



856 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g pork belly thin canned (you can ask your butcher to do this)
- ☐ 1 large lettuce white such as little gem or iceberg, leaves washed and separated, cooked short-grain rice, to serve
- ☐ 2 pears cored peeled
- ☐ 0.5 onion white
- ☐ 3 garlic clove
- ☐ 1 piece ginger
- ☐ 1 spring onion
- ☐ 1 tbsp soya sauce

- ☐ 2 tbsp brown sugar
- ☐ 1 tbsp sesame oil toasted
- ☐ 2 tbsp korean honey citron tea paste or any asian chilli paste)
- ☐ 3 tbsp soy bean paste
- ☐ 1.5 tbsp korean honey citron tea paste
- ☐ 2 tbsp mirin
- ☐ 1 tsp sesame oil
- ☐ 1 tsp sesame seed
- ☐ 0.5 spring onion white finely chopped

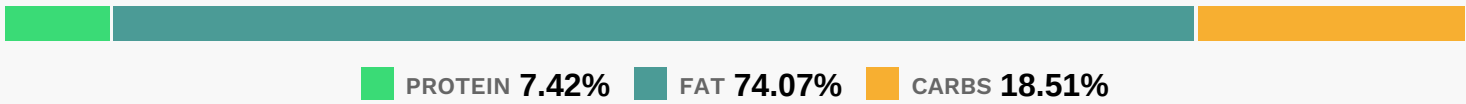
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Put all the ingredients for the marinade in a food processor and blend until smooth. Season to taste, then pour over the sliced pork. You can now cook the meat straight away, but for best results allow it to marinate in the fridge for at least 30 mins.
- ☐ Make the ssamjang sauce (if using) by mixing all of the ingredients together, then set aside.
- ☐ Heat a griddle pan over a high heat and cook the pork in batches for 2-3 mins each side until charred and cooked through.
- ☐ Serve with white rice and a few lettuce leaves. To eat, place a small scoop of rice in a leaf, then a piece of pork, smear with ssamjang sauce (if using) and wrap up.

Nutrition Facts



Properties

Glycemic Index:63.69, Glycemic Load:5.68, Inflammation Score:-7, Nutrition Score:18.057391228883%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg, Epicatechin 3–gallate: 0.02mg Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg, Epigallocatechin 3–gallate: 0.15mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg, Quercetin: 6.74mg

Nutrients (% of daily need)

Calories: 855.73kcal (42.79%), Fat: 71.62g (110.19%), Saturated Fat: 24.93g (155.8%), Carbohydrates: 40.27g (13.42%), Net Carbohydrates: 34.09g (12.39%), Sugar: 24.58g (27.32%), Cholesterol: 90mg (30%), Sodium: 670.96mg (29.17%), Alcohol: 0.85g (100%), Alcohol %: 0.23% (100%), Protein: 16.15g (32.3%), Vitamin K: 59.62µg (56.78%), Vitamin B1: 0.62mg (41.12%), Vitamin B3: 6.7mg (33.49%), Fiber: 6.18g (24.72%), Vitamin B2: 0.4mg (23.63%), Vitamin A: 1057.26IU (21.15%), Phosphorus: 210.09mg (21.01%), Potassium: 724.31mg (20.69%), Manganese: 0.39mg (19.57%), Vitamin C: 14.85mg (18%), Vitamin B6: 0.36mg (17.84%), Folate: 70.81µg (17.7%), Vitamin B12: 1.05µg (17.5%), Selenium: 11.15µg (15.93%), Copper: 0.25mg (12.68%), Iron: 2.27mg (12.61%), Zinc: 1.8mg (12.03%), Magnesium: 33.91mg (8.48%), Calcium: 72.72mg (7.27%), Vitamin E: 1.07mg (7.14%), Vitamin B5: 0.6mg (5.98%)