KOREAN · DINNER

# Jeyuk Bokkeum (Korean Spicy Pork Stir-Fry)

30 min · Serves 4 · 349 kcal a serve · Video 8:02 · Jia Choi

Dairy-free · Nut-free

A fast, punchy pork stir-fry: one serve gives about 22 g of protein, is rich in selenium and vitamin B12, and is a good source of zinc.

**Diet notes:** Gluten-free with a swap: Use a gluten-free gochujang and tamari instead of soy sauce to keep it gluten-free.

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## Ingredients 14 · SERVES 4

- [ ] 16 oz **pork shoulder**, sliced 0 inch thick and cut into big bite-size pieces
- [ ] 1 medium **onion**, sliced
- [ ] **scallion whites** (from 3 scallions), chopped
- [ ] **scallion greens** (from 3 scallions), chopped
- [ ] 1 tsp **oil**, for cooking
- [ ] 2 cloves **garlic**, minced
- [ ] 1 tsp **ginger**, minced
- [ ] 2 tbsp **gochujang**
- [ ] 2 tbsp **soy sauce**
- [ ] 2 tbsp **rice wine** (or dry white wine)
- [ ] 1/2 tbsp **brown sugar**
- [ ] 1/2 tsp **ground black pepper**
- [ ] 1 tbsp **sesame oil**
- [ ] 1 tbsp **gochugaru** (Korean chilli flakes)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

**Contains:** Gluten, Sesame, Soy. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Mix the garlic, ginger, gochujang, soy sauce, rice wine, brown sugar, pepper, sesame oil, gochugaru and the chopped scallion whites in a bowl. Leave the sauce to sit for 10 minutes. 1:41
2. Pat the sliced pork dry with a towel and cut it into big bite-size pieces. 2:38
3. Heat the oil in a pan over medium to medium-high heat. Spread out the pork and cook without flipping too often until golden and crisp on both sides; wipe out excess fat with paper towel. 3:07
4. Add the onion and stir-fry until translucent, making sure the pork is cooked through. 4:09
5. Turn the heat down, add about two-thirds of the sauce and toss for about 3 minutes until the pork soaks it up, adding the rest if you like. Mix in the scallion greens and serve. 4:43

> **Tip** Serve with steamed rice and lettuce leaves for wrapping. Adjust the heat with more or less gochugaru.

The method is a summary in our words — the video shows every step.

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| **349** kcal | **22** g | **12** g | **1.9** g | **23** g | **720** mg |
| 1,460 kJ | 43% of a day | 10 g net · 5.5 g sugars | 7% of a day | 7.3 g saturated | 31% of a day |
| | | 4% of a day | | 30% of a day | |

**Energy from** net carbs 12% · protein 26% · fat 62% — low carb (under 26% of the energy from carbs)

**High in** (20%+ of a day) Selenium 53% · Zinc 31% · Vitamin B12 28% · Vitamin K 23% · Vitamin B6 22%

**Source of** (10–19%) Iron 11% · Omega-3 11% · Potassium 10%

**Recipe and video:** Jia Choi (@JiaChoiChef) on YouTube — youtube.com/watch?v=Ih0YtdaXofA, published 5 June 2021. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/jeyuk-bokkeum-spicy-pork-stir-fry