



UCCOOK

Asian-style Beef & Rice

with carrot & cucumber

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Piekenierskloof | Old Vines Carel van Zyl Grenache 2023

Nutritional Info	Per 100g	Per Portion
Energy	531kj	3264kj
Energy	127kcal	781kcal
Protein	5.9g	36g
Carbs	14.6g	89.9g
of which sugars	3.4g	20.8g
Fibre	1.3g	8.1g
Fat	4.7g	29.2g
of which saturated	1.8g	11g
Sodium	136mg	834mg

Allergens: Gluten, Wheat, Soya, Allium

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	White Basmati Rice <i>rinse</i>
5ml	10ml	NOMU One For All Rub
150g	300g	Beef Mince
1	1	Onion <i>peel & finely slice ½ [1]</i>
120g	240g	Carrot <i>rinse, trim & peel into ribbons</i>
25ml	50ml	Teriyaki Sauce <i>(15ml [30ml] Thai Sweet Chilli Sauce & 10ml [20ml] Low Sodium Soy Sauce)</i>
100g	200g	Cucumber <i>rinse & cut into thin matchsticks</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water

1. BEGIN WITH BASMATI Place the rice in a pot with 150ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. MMMINCE Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince and the NOMU rub. Work quickly to break it up as it starts to cook. Fry until browned, 3-4 [4-5] minutes (shifting occasionally).

3. ADD SOME VEGGIES Add the onion and fry until browned, 4-5 minutes (shifting occasionally). Add the carrot, and fry until softening, 2-3 minutes (shifting occasionally). In the final minutes, add the teriyaki sauce.

4. TASTY TERIYAKI Make a bed of the fluffy rice, top with the saucy mince, and side with the cucumber matchsticks.