

# UCCOOK

## Plant-based Nuggets & Sriracha Mayo

with pickled veg & fluffy rice

**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

**Veggie:** Serves 1 & 2

**Chef:** Hellen Mwanza

**Wine Pairing:** Waterford Estate | Waterford Old Vine  
Chenin Blanc

### Nutritional Info

|                    | Per 100g  | Per Portion |
|--------------------|-----------|-------------|
| Energy             | 721.8kJ   | 4014.9kJ    |
| Energy             | 172.6kcal | 960.3kcal   |
| Protein            | 5.3g      | 29.6g       |
| Carbs              | 22g       | 125g        |
| of which sugars    | 4.4g      | 24.3g       |
| Fibre              | 1.2g      | 6.9g        |
| Fat                | 6.8g      | 37.9g       |
| of which saturated | 0.4g      | 2.3g        |
| Sodium             | 225.6mg   | 1254.6mg    |

**Allergens:** Sulphites, Gluten, Sesame, Wheat, Soya, Allium

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                     |
|----------|------------|-----------------------------------------------------------------------------------------------------|
| 100ml    | 200ml      | White Basmati Rice<br><i>rinse</i>                                                                  |
| 120g     | 120g       | Carrot<br><i>rinse, peel &amp; cut into matchsticks</i>                                             |
| 50g      | 100g       | Cucumber<br><i>rinse &amp; cut into matchsticks</i>                                                 |
| 60ml     | 120ml      | Pickling Liquid<br><i>(10ml [20ml] Maple-flavoured Syrup &amp; 50ml [100ml] White Wine Vinegar)</i> |
| 60ml     | 120ml      | Spicy Mayo<br><i>(50ml [100ml] Mayo &amp; 10ml [20ml] Sriracha Sauce)</i>                           |
| 5ml      | 10ml       | White Sesame Seeds                                                                                  |
| 5 units  | 10 units   | Green Fields Chicken-style Nuggets                                                                  |
| 20g      | 40g        | Pickled Onions<br><i>drain &amp; finely slice</i>                                                   |
| 3g       | 5g         | Fresh Chives<br><i>rinse, pick &amp; roughly chop</i>                                               |

## From Your Kitchen

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

1. **ON YOUR MARKS. GET SET. COOK!** Place the rice in a pot with 200ml [400ml] 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. **PICKLED VEG & SPICY MAYO** To a bowl, add the carrot, the cucumber, the pickling liquid, and set aside in the fridge. To a separate bowl, add the spicy mayo and loosen with 5ml increments of water until drizzling consistency.

3. **OPEN SESAME** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

4. **GOLDEN NUGGETS** Return the pan to medium heat with enough oil to cover the base. When hot, fry the nuggets until golden and crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel. Alternatively, air fry at 200°C until crispy, 5-8 minutes (shifting halfway).

5. **BOWL 'EM OVER** Plate up the rice, side with nuggets, the pickled onions and the pickled veggies (buddha bowl style). Drizzle over the spicy mayo, and sprinkle over the toasted sesame seeds. Garnish with the chives.