

UCCOOK

Swedish-style Beef & Basmati Rice

with a side salad

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Simple & Save: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Zevenwacht | Estate Merlot

Nutritional Info	Per 100g	Per Portion
Energy	575kJ	3610kJ
Energy	138kcal	869kcal
Protein	6.4g	40g
Carbs	16g	101g
of which sugars	2.4g	14.8g
Fibre	1g	6g
Fat	5.2g	32.6g
of which saturated	2g	12.9g
Sodium	157mg	579mg

Allergens: Cow's Milk, Gluten, Allium, Wheat, Sulphites

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	White Basmati Rice <i>rinse</i>
450g	600g	Beef Mince
60ml	80ML	Seasoned Flour <i>(4,5ml [6ml] Allspice, 7,5ml [10ml] Garlic Powder, 18ml [24ml] Chicken Stock & 30ml [40ml] Cake Flour)</i>
2	2	Onions <i>peel & finely dice 1½ [2]</i>
300ml	400ml	Low Fat UHT Milk
15ml	20ml	Worcestershire Sauce
60g	80g	Salad Leaves <i>rinse & roughly shred</i>
2	2	Tomatoes <i>rinse & roughly dice 1½ [2]</i>
8g	10g	Fresh Dill <i>rinse, pick & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Butter
Seasoning (salt & pepper)

1. READY THE RICE Place the rice in a pot with 600ml [800ml] 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. MMMEATBALLS In a bowl, combine the mince, ½ the onion (to taste), and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion.

3. FRY 'EM UP Place a large pan over medium-high heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 4-5 minutes (shifting occasionally). Remove from the pan and set aside.

4. ADD THE CREAMY Return the pan to medium heat with a drizzle of oil. When hot, fry the remaining onion until golden, 4-5 minutes (shifting occasionally). Add 45g [60g] of butter and the seasoned flour. Fry until the flour is cooked out, 1-2 minutes (shifting often). Remove from the heat and gradually stir in the milk, making sure there are no lumps. Loosen with a splash of warm water. Return the pan to medium heat and bring to a simmer. Add the Worcestershire sauce, the cooked meatballs, and seasoning. Simmer until heated through, 1-2 minutes.

5. SIMPLE SALAD In a salad bowl, combine the salad leaves, the tomato, a drizzle of olive oil, and seasoning.

6. DISH UP Dish up the fluffy rice and top with the meatballs and creamy sauce. Garnish with the dill and side with the fresh salad. Finish off with a crack of black pepper. Cheers, Chef!