



UCCOOK

Crunchy Greens & Miso Dressing

with jasmine rice, guacamole & pickled ginger

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Veggie: Serves 1 & 2

Chef: Jade Summers

Nutritional Info

	Per 100g	Per Portion
Energy	568kJ	2176kJ
Energy	136kcal	520kcal
Protein	3.8g	14.4g
Carbs	20g	78g
of which sugars	3.1g	12g
Fibre	2.3g	8.9g
Fat	4.2g	16.1g
of which saturated	0.5g	2.1g
Sodium	116mg	444mg

Allergens: Sulphites, Gluten, Sesame, Tree Nuts, Wheat, Soya

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100g	200g	Pak Choi
80g	160g	Green Beans
30g	60g	Pickled Ginger
10g	20g	Fresh Ginger
1	1	Avocado <i>cut in half</i>
75ml	150ml	Jasmine Rice
25ml	50ml	Asian Dressing <i>(10ml [20ml] Rice Wine Vinegar, 5ml [10ml] Honey & 10ml [20ml] Sesame Oil)</i>
5ml	10ml	Miso Paste
40ml	80ml	ButtaNutt Macadamia Nut Yoghurt
5ml	10ml	Mixed Sesame Seeds
50g	100g	Edamame Beans

From Your Kitchen

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

1. PREPARATION STATION Trim the pak choi base, separate the leaves and rinse thoroughly. Rinse, trim and halve the green beans. Drain and roughly slice the pickled ginger. Peel and grate the fresh ginger. To a bowl, add the avocado and seasoning, and mash with a fork.

2. NOT YOUR AVERAGE RICE Rinse the rice and place in a pot with 150ml [300ml] of salted water. Cover 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, stir through the pak choi leaves, and ½ the dressing. Set aside.

3. MISO DRESSING In a small bowl, loosen the miso paste with the remaining Asian dressing. Add the macadamia yoghurt, the fresh ginger (to taste), and seasoning. Loosen with a splash of water (if necessary). Set aside.

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

5. GREEN IS GOOD Return the pan to medium-high heat with a drizzle of oil. When hot, fry the green beans and the pak choi stems until starting to char, 4-5 [5-6] minutes (shifting occasionally). In the final 1-2 minutes, add the edamame beans. Remove from the pan, season, and cover.

6. GET BOWLED OVER! Bowl up the loaded rice. Top with the green beans and edamame beans. Dollop over the guacamole. Drizzle over the miso dressing and garnish with the pickled ginger. Wow, Chef!