



# UCCOOK

## Asian-style Beef & Rice

with carrot & cucumber

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Simple & Save:** Serves 3 & 4

**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:

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Serves 3	[Serves 4]	
225ml	300ml	White Basmati Rice <i>rinse</i>
15ml	20ml	NOMU One For All Rub
450g	600g	Beef Mince
2	2	Onions <i>peel &amp; finely slice 1½ [2]</i>
360g	480g	Carrot <i>rinse, trim &amp; peel into ribbons</i>
75ml	100ml	Teriyaki Sauce <i>(45ml [60ml] Thai Sweet Chilli Sauce &amp; 30ml [40ml] Low Sodium Soy Sauce)</i>
300g	400g	Cucumber <i>rinse &amp; cut into thin matchsticks</i>

## From Your Kitchen

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

**1. BEGIN WITH BASMATI** Place the rice in a pot with 450ml [600ml] 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, 4-5 [5-6] minutes (shifting occasionally).

**3. ADD SOME VEGGIES** Add the onion and fry until browned, 6-7 minutes (shifting occasionally). Add the carrot, and fry until softening, 3-4 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.