

Eat Within 3 Days

UCOOK

Asian Lamb Mince & Rice

with cashew nuts

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Muratie Wine Estate | Muratie Melck's-Blended Red

Nutritional Info	Per 100g	Per Portion
Energy	783kJ	3795kJ
Energy	187kcal	908kcal
Protein	10.2g	49.6g
Carbs	16g	80g
of which sugars	3.6g	17.5g
Fibre	1.3g	6.2g
Fat	8.9g	42.9g
of which saturated	2.9g	14.2g
Sodium	296mg	1433mg

Allergens: Sulphites, Shellfish, Fish, Gluten, Tree Nuts, Wheat, Soya, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Jasmine Rice *rinse*
30g	60g	Edamame Beans
1	2	Tomato/es *rinse & cut into bite-sized pieces*
1	1	Spring Onion *rinse, trim & finely slice*
150g	300g	Free-range Lamb Mince
1 unit	2 units	UCOOK Asian Sauce
40g	80g	Spinach *rinse*
10g	20g	Cashew Nuts
20g	40g	Piquanté Peppers *drain*

From Your Kitchen

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

1. RICE & BEANS 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, about 10 minutes. Remove from the heat, mix in the edamame beans, and steam for 8-10 minutes. Fluff with a fork and cover.

2. ASIAN MINCE Place a pan over high heat with a drizzle of oil. When hot, fry the tomato until charred, 2-3 minutes, shifting occasionally. Add the onion and fry until lightly golden, 1-2 minutes. Remove from the pan. Add the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). Mix in the Asian sauce, 150ml [300ml] of water, and simmer until the sauce is warmed through and silky (stirring occasionally). Remove from the heat.

3. JUST LIKE THAT Make a bed of the green leaves, and top it with the rice and the saucy mince. Sprinkle over the nuts and the piquanté peppers. Dinner is served, Chef!

Chef's Tip If you would like to toast the cashew nuts, place them in a pan over medium heat. Toast for 3-5 minutes until browned.