



UCCOOK

Fusion Biltong Feast

with fluffy rice & edamame beans

Hands-on Time: 15 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Creation Wines | Creation Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	864kJ	5574kJ
Energy	207kcal	1333kcal
Protein	7.4g	47.9g
Carbs	15g	100g
of which sugars	1.6g	10.4g
Fibre	3.7g	23.7g
Fat	7.5g	48.2g
of which saturated	1.1g	7g
Sodium	234mg	1511mg

Allergens: Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

225ml	300ml	Jasmine Rice <i>rinse</i>
150g	200g	Corn
150g	200g	Edamame Beans
2	2	Avocados
180ml	240ml	Spicy Mayo <i>(150ml [200ml] Kewpie Mayo & 30ml [40ml] Sriracha Sauce)</i>
30ml	40ml	Low Sodium Soy Sauce
300g	400g	Cabbage <i>rinse & thinly slice ¾ [1]</i>
60g	80g	Radish <i>rinse & slice into thin rounds</i>
150g	200g	Beef Biltong <i>roughly chop</i>
8g	10g	Fresh Coriander <i>rinse & roughly chop</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & roughly chop</i>
30ml	40ml	White Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. **HAVE A RICE DAY** 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, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. **GREEN & GOLD** Boil the kettle. Place the corn and edamame beans in salted boiling water for 3-5 minutes until plumped up. Drain and set aside.

3. **CREAMY, SALTY & SPICY** Halve the avocado, remove the pip, and peel the skin off, keeping the flesh intact. Thinly slice 1½ [the] avocados. In a small bowl, combine the spicy mayo and the soy sauce (to taste). Add water in 5ml increments until drizzling consistency.

4. **OKE POKE!** Bowl up the rice. Arrange the edamame beans, the cabbage, the radish, the avo, and the biltong in a circle on top of the rice. Drizzle over the spicy dressing (to taste). Sprinkle over the sesame seeds, the coriander, and the chilli (to taste). Simply delicious, Chef!