



UCCOOK

Plant-based Tenders & Fried Rice

with peas & piquanté peppers

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Waterkloof | Revenant Wild Ferment
Chenin Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	360kJ	3193kJ
Energy	86kcal	764kcal
Protein	5.2g	45.7g
Carbs	15g	133g
of which sugars	2.9g	25.3g
Fibre	2.1g	18.9g
Fat	0.3g	2.8g
of which saturated	0g	0.2g
Sodium	93mg	824mg

Allergens: Allium, Sulphites, Soy

Spice Level: None

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Jasmine Rice <i>rinse</i>
600g	800g	Green Fields Chicken-style Strips
2	2	Onions <i>peel & roughly dice</i>
2	2	Bell Peppers <i>rinse, deseed & dice 1½ [2]</i>
2	2	Garlic Cloves <i>peel & grate</i>
30ml	40ml	NOMU Spanish Rub
240g	240g	Carrot <i>peel, trim & grate</i>
120g	160g	Peas
60g	80g	Piquanté Peppers <i>drain</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

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, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. ADD FLAVOUR & FRY Place a pan over medium heat with a drizzle of oil. When hot, fry the Green Fields strips until golden, 4-5 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium heat with some more oil (if necessary). Fry the onion and pepper until soft and golden, 4-5 minutes. Add the garlic and the NOMU rub and fry until fragrant, 1-2 minutes (shifting occasionally). Add the rice, the carrot and the peas and fry for 2-3 minutes, mixing it as it browns.

3. SET THE TABLE Serve up the fried rice, topped with the Green Fields strips and the piquanté peppers.