



U C O O K

— COOKING MADE EASY

Exotic Fresh Mango Salad

**with black rice, cashew nuts & a
tamari-sesame dressing**

Catch the summer feels with this tropical jumble of sweet, fresh mango, black rice, charred corn, and edamame. With the sassiest dressing ever to tickle your taste buds: tamari, sesame oil, spring onion, and fresh chilli.

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Runet Van Heerden

 **Vegetarian**

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Ingredients & Prep

100ml	Black Rice
10g	Cashew Nut Pieces
40ml	Tamari-Sesame <i>(20ml Sesame Oil & 20ml Tamari)</i>
1	Spring Onion <i>thinly sliced</i>
1	Fresh Chilli <i>deseeded & finely sliced</i>
1	Corn On The Cob <i>silks removed</i>
80g	Edamame Beans
100g	Fresh Mango Pieces <i>cut into bite-size chunks</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Butter (optional)

1. BLACK BEAUTY Rinse the rice and place in a pot with 300ml of salted water. Pop on a lid and place over a medium heat. Once boiling, reduce the heat and simmer with the lid on for 30-35 minutes until the water has been absorbed. If it starts to dry out during the cooking process, add more water in small increments to continue. On completion, it should be cooked but still bouncy.

2. CASHEW CRUNCH Place a pan that has a lid over a medium heat. When hot, toast the cashew pieces for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

3. MIX THE TAMARI DRESSING In a bowl, whisk the tamari-sesame sauce with 1 tsp of a sweetener of choice until dissolved. Mix in three-quarters of the sliced spring onion and some sliced chilli to taste. Set aside for serving.

4. CHAR THE CORN Return the pan to a high heat with a splash of water to cover the base. Once simmering, place the corn in the pan and pop on the lid. Cook for 5-6 minutes until the water has evaporated. Remove the lid and add in a knob of butter (optional) and a drizzle of oil. Fry for a further 2-3 minutes until cooked through and golden, turning as it colours. Remove from the heat on completion and set aside in the pan to cool. Once cooled, cut the corn kernels off the cob.

5. RICHLY COLOURED RICE When the rice is almost ready, stir through the edamame beans and the charred corn. Replace the lid and allow to heat through for 1-2 minutes. Remove from the heat and drain if necessary.

6. TASTE OF THE TROPICS! Make a bed of warm black rice, corn, and edamame beans. Scatter with the sweet mango chunks and drizzle over the tamari dressing to taste. Garnish with the remaining spring onion and any leftover chilli if you'd like. Gorgeous, Chef!



Chef's Tip

Black rice is as richly coloured as it looks! Be careful not to stain your clothes, dishcloths, or crockery when handling it. During cooking, it can give off a natural black dye, so we advise using a stainless steel pot as it may stain ones made from other materials, such as enamel.

Nutritional Information

Per 100g

Energy	1012kJ
Energy	242Kcal
Protein	5.7g
Carbs	39g
of which sugars	15.2g
Fibre	4g
Fat	8g
of which saturated	1.1g
Sodium	341mg

Allergens

Allium, Sesame, Tree Nuts, Soy

Cook
within 1
Day