



UCCOOK

Crispy Rice Satay Salad

with patty pans & edamame beans

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Jemimah Smith

Wine Pairing: Nitída | Calligraphy Bordeaux blend

Nutritional Info

	Per 100g	Per Portion
Energy	730kJ	3245kJ
Energy	174kcal	776kcal
Protein	6g	26.6g
Carbs	22g	96g
of which sugars	1.9g	8.6g
Fibre	2.8g	12.4g
Fat	6.9g	30.9g
of which saturated	0.9g	4.2g
Sodium	155mg	688mg

Allergens: Soy, Peanuts, Gluten, Sesame, Wheat, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
30ml	60ml	Peanut Butter
20ml	40ml	Satay Base <i>(10ml [20ml] Low Sodium Soy Sauce & 10ml [20ml] Lemon Juice)</i>
50g	100g	Cucumber <i>rinse & finely dice</i>
100g	200g	Edamame Beans
10ml	20ml	Banhoeck Chilli Oil
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
120g	240g	Patty Pans <i>rinse, trim & cut into quarters</i>
5ml	10ml	Black Sesame Seeds
100ml	200ml	Jasmine Rice <i>rinse</i>

From Your Kitchen

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

1. **NICE RICE** Place the rice in a pot with 200ml [400ml] 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. **SESAME SEEDS** Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. **PAN-FRIED VEGGIES** Return the pan to medium heat with a drizzle of oil. When hot, fry the patty pans until charred, 4-5 minutes. In the final 2-3 minutes, mix in the edamame beans and spring onion whites until heated through and charred. Remove from the pan and season.

4. **CRISPY RICE** Return the pan to medium heat with a drizzle of oil. Fry ½ of the cooked rice until crispy, 4-5 minutes (shifting occasionally). Remove from the heat and season.

5. **SLAY WITH SATAY** In a bowl, combine the satay base with the chilli oil (to taste) and mix in warm water in 5ml increments until drizzling consistency. To the remaining boiled rice, add the cooked patty pans, baby marrow and edamame beans, the diced cucumber, ½ the satay dressing, ½ the chopped coriander and seasoning.

6. **SENSATIONAL SALAD** Plate up the tossed rice salad and drizzle with the remaining satay dressing. Finish with a garnish of the crispy toasted rice, the spring onion greens and the toasted sesame seeds.