



UCOOK

Yum-Yum Beef Bowl

with brown basmati, zingy slaw & fusion sauce

This Japanese-inspired beef schnitzel filled bowl does not disappoint. Served with brown rice and a flavour fusion slaw packed with cabbage, carrot and edamame beans. Don't forget the yum-yum sauce — made with a fab UCOOK twist!

Hands-On Time: 30 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Ella Nasser

♥ Health Nut

🍷 Haute Cabrière | Pinot Noir Réserve

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Ingredients & Prep

300ml	Brown Basmati Rice
125ml	Lime Juice
60ml	Low Sodium Soy Sauce
60ml	Rice Wine Vinegar
400g	Shredded Cabbage & Julienne Carrot
4	Spring Onions <i>sliced, keeping the white & green parts separate</i>
200g	Edamame Beans
20ml	Black Sesame Seeds
125ml	Coconut Yoghurt
40ml	Indonesian Soy Sauce
600g	Beef Schnitzel (without crumb)
20ml	Sesame Oil

From Your Kitchen

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

1. LUSH RICE Rinse the rice and place in a pot over a medium-high heat. Submerge in 800ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

2. FUSION SLAW Place lime juice (to taste), ½ the low sodium soy sauce, rice wine vinegar, and sweetener of choice in a jar or small bowl and shake or whisk to combine. Season to taste. Place the shredded red cabbage and julienne carrot, spring onion whites, and edamame beans in a large salad bowl. Drizzle over the soy-lime dressing (to taste) and toss to combine.

3. SEEDS & YUM YUM Place the sesame seeds in a nonstick pan over a medium heat. Toast for 2-4 minutes until they begin to pop, shifting regularly. Remove from the pan on completion. To make the yum yum sauce, combine the coconut yoghurt with the Indo soy sauce. Loosen with water in 5ml increments until drizzling consistency. Season to taste.

4. JAPANESE SCHNITZEL Return the pan to a medium-high heat with a drizzle of oil. When hot, pan-fry the schnitzels for 1-2 minutes per side until golden and cooked through. You might have to do this step in batches. Deglaze the pan with the sesame oil and the remaining soy sauce. Remove the schnitzel from the pan, reserving the sauce, and season before slicing. Toss together the cooked rice and the shredded cabbage mixture and season to taste.

5. YUM YUM MEAL! Plate up the brown rice and slaw mix and top with the sliced beef schnitzel/s. Drizzle with the yum yum sauce and the remaining pan juices. Sprinkle over the sesame seeds and spring onion greens. Yum-Yum!

Nutritional Information

Per 100g

Energy	507kJ
Energy	121Kcal
Protein	9.8g
Carbs	15g
of which sugars	2.5g
Fibre	2.7g
Fat	2.5g
of which saturated	0.5g
Sodium	187mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within
4 Days