



UCOOK

Fusion Biltong Feast

with fluffy rice & edamame beans

We're giving the poke bowl a South African twist! On a bed of fragrant Jasmine rice rests salty biltong, green pops of edamame beans, yellow corn, red radish & cabbage, and fresh coriander & chilli. Finished off with a moreish spicy mayo dressing.


Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 4 People

Chef: Kate Gomba

 Fan Faves

 Harry Hartman | Stellenbosch Sauvignon Blanc

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Ingredients & Prep

300ml	Jasmine Rice <i>rinsed</i>
40ml	Sesame Seeds
400g	Cabbage
80g	Radish
15g	Fresh Coriander
2	Fresh Chillies
200g	Free-range Beef Biltong
200g	Corn
200g	Edamame Beans
2	Avocados
260ml	Spicy Mayo <i>(200ml Kewpie Mayo & 60ml Sriracha Sauce)</i>
40ml	Low Sodium Soy Sauce

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. HAVE A RICE DAY Place the rinsed rice in a pot. Submerge in 600ml of salted water, pop on a lid, and place over medium-high heat. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Remove from the heat and steam with the lid on for 10 minutes until cooked. Drain if necessary, fluff up with a fork, and return to the pot to keep warm until serving.

2. LONG TIME NO SEEDS! While the rice is simmering, boil the kettle. Place the sesame seeds in a pan over medium heat. Toast for 2-4 minutes until lightly browned, shifting occasionally. Remove from the pan and set aside to cool.

3. PREP STEP Finely slice the cabbage. Rinse and slice the radish into rounds. Rinse and roughly chop the coriander. Deseed and slice the chillies. Roughly chop the biltong.

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

5. CREAMY, SALTY & SPICY Halve the avocados and scoop out the flesh. Slice, season, and set aside. In a small bowl, combine the spicy mayo and the soy sauce (to taste). Add water in 5ml increments until drizzling consistency.

6. OKE POKE! Time to assemble! Bowl up the rice. Arrange the plumped edamame beans & corn, the sliced cabbage, the radish rounds, the avo slices, and the chopped biltong in a circle on top of the rice. Drizzle over the spicy dressing (to taste). Sprinkle over the toasted sesame seeds, the chopped coriander, and the sliced chilli (to taste). Simply delicious, Chef!

Nutritional Information

Per 100g

Energy	822kJ
Energy	211kcal
Protein	8.1g
Carbs	16g
of which sugars	1.8g
Fibre	3.3g
Fat	6.6g
of which saturated	1g
Sodium	296mg

Allergens

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

Cook
within
4 Days