



UCOOK

Vegan Tenders & Fried Rice

with peas & piquanté peppers

Shredded On The Green Side Tenders, fried garlic, golden onion, NOMU Spanish Rub, bell pepper, pops of peas & grated carrot combine to make the jasmine rice shine. Garnished with sweet piquanté peppers to balance the savoury sensation.

Hands-on Time: 35 minutes

Overall Time: 45 minutes

Serves: 3 People

Chef: Kate Gomba

 Veggie

 Stellenzicht | Thunderstone Rosé

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Ingredients & Prep

300ml	Jasmine Rice <i>rinsed</i>
450g	On The Green Side Tenders
2	Garlic Cloves <i>peeled & grated</i>
2	Onions <i>peeled & diced</i>
30ml	NOMU Spanish Rub
2	Bell Peppers <i>1½ rinsed, deseeded & diced</i>
240g	Carrot <i>rinsed, trimmed, peeled & grated</i>
120g	Peas
60g	Piquanté Peppers <i>drained & roughly chopped</i>

From Your Kitchen

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

1. READY THE RICE Place the rinsed rice in a pot with 600ml 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 Using a fork, shred the tenders. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the grated garlic and the diced onion until golden, 6-7 minutes (shifting occasionally). Add the NOMU rub and fry until fragrant, 1-2 minutes. Add the cooked rice and the diced bell pepper. Fry until combined, 2-3 minutes (shifting constantly). Add the grated carrot, the peas, and the shredded tenders. Fry until warmed through, 2-3 minutes. Remove from the heat and season.

3. SET THE TABLE Serve up the fried rice. Garnish with the piquanté peppers.

Nutritional Information

Per 100g

Energy	413kJ
Energy	99kcal
Protein	5.4g
Carbs	17g
of which sugars	3.1g
Fibre	2.9g
Fat	1.1g
of which saturated	0.1g
Sodium	116mg

Allergens

Gluten, Allium, Wheat, Sulphites, Tree
Nuts, Soy

Cook
within 3
Days