

QCOOK

Asian-style Beef Mince & Rice

with charred baby tomatoes & cashew nuts

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Groote Post Winery | Groote Post Merlot

Nutritional Info	Per 100g	Per Portion
Energy	822kj	3573kj
Energy	197kcal	854kcal
Protein	8.7g	37.8g
Carbs	18g	76g
of which sugars	2.9g	12.8g
Fibre	1.3g	5.5g
Fat	9.7g	42.1g
of which saturated	3g	13g
Sodium	248mg	1077mg

Allergens: Sulphites, Shellfish, Fish, Gluten, Tree Nuts, Wheat, Soya, Allium

Spice Level: Mild

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Jasmine Rice <i>rinse</i>
90g	120g	Edamame Beans
240g	320g	Baby Tomatoes <i>rinse & cut in half</i>
3	4	Spring Onions <i>rinse, trim & roughly slice</i>
450g	600g	Beef Mince
3 units	4 units	UCOOK Asian Sauce
60g	80g	Green Leaves <i>rinse</i>
30g	40g	Cashew Nuts
60g	80g	Piquanté Peppers <i>drain</i>

From Your Kitchen

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

1. RICE Place the rice in a pot with 450ml [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 8-10 minutes. Remove from the heat, mix in the edamame beans, and steam, 8-10 minutes. Fluff with a fork and cover.

2. CHARRED TOMATOES Place a pan over high heat with a drizzle of oil. When hot, fry the tomato until charred, 2-3 minutes, shifting occasionally. Add the onion and fry until lightly golden, 1-2 minutes. Remove from the pan.

3. MINCE Return the pan over high heat with a drizzle of oil, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 2-3 minutes (shifting occasionally). Mix in the Asian sauce, 150ml [300ml] of water, and the charred baby tomatoes with the onion. Simmer until the sauce is warmed through and silky (stirring occasionally). Remove from the heat.

4. DINNER IS READY Make a bed of the green leaves, and top it with the rice and the saucy mince. Sprinkle over the nuts and the piquanté peppers. Bon appétit, Chef!

Chef's Tip Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.