Eat Within 3 Days

UCOOK

Asian Beef Meatballs & Coriander Rice

with UCOOK's Asian sauce & spring onion

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Nitida | Merlot

Nutritional Info	Per 100g	Per Portion
Energy	942kJ	4705kJ
Energy	225kcal	1125kcal
Protein	9.2g	46g
Carbs	17g	87g
of which sugars	1.8g	9.2g
Fibre	0.8g	4.1g
Fat	12.9g	64.3g
of which saturated	5.5g	27.4g
Sodium	222mg	1110mg

Allergens: Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Fish, Soy, Shellfish

Spice Level: NONE

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice *rinse*
100ml	200ml	Coconut Milk
3g	5g	Fresh Coriander *rinse & roughly chop*
4	8	Beef Meatballs
1 unit	2 units	UCOOK Asian Sauce
10g	20g	Peanuts *roughly chop*
1	1	Spring Onion *rinse & roughly slice*
5ml	10ml	White Sesame Seeds
50g	100g	Cucumber *rinse & roughly dice*

From Your Kitchen

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

1. COCONUT & CORIANDER RICE Place the rice in a pot with the coconut milk and 50ml [100ml] 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, stir through the coriander, and steam, 8-10 minutes. Fluff with a fork and cover.

2. MAKE THE MEATBALLS Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. Remove from the pan. Add the Asian sauce and 50ml [100ml] of water. Mix until combined and simmer until heated through, 1-2 minutes.

3. YES, THAT'S IT! Plate up the coconut coriander rice. Top with the meatballs and pour over the sauce. Scatter over the peanuts, the spring onion, the sesame seeds, and the cucumber. Enjoy, Chef!