



UCOOK

Avocado, Broccoli & Sesame Rice Salad

with vegan wasabi That Mayo

From the buttery slices of avocado to the slightly charred broccoli, every bite is a delightful combination. Tossed with fragrant sesame seeds, diced cucumber, and peppery radish slices, this dish offers a refreshing & crunchy experience. The medley of vegetables is further enhanced by a drizzle of wasabi mayo, adding a touch of heat to this delightful bowl of goodness.


Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Megan Bure

 Veggie

 Creation Wines | Creation Sauvignon Blanc/Semillon

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Ingredients & Prep

225ml	Brown & Wild Rice <i>rinsed</i>
67,5ml	Rice Seasoning <i>(15ml Sesame Oil, 30ml Low Sodium Soy Sauce, 15ml Rice Wine Vinegar & 7,5ml Golden Syrup)</i>
15ml	Black Sesame Seeds
2	Avocados
2	Red Onions <i>1½ peeled & roughly sliced</i>
600g	Broccoli Florets <i>cut into bite-sized pieces</i>
150g	Edamame Beans
127,5ml	Wasabi Mayo <i>(120ml Thai Mayo (Vegan) & 7,5ml Wasabi Powder)</i>
150g	Cucumber <i>roughly diced</i>
60g	Radish <i>rinsed & finely sliced</i>
12g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. BOIL & DRAIN Place the rinsed rice in a pot with 700ml of salted water. Cover with a lid and bring to the boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain, if necessary, and toss through the rice seasoning. Cover.

2. TOAST & SLICE Place the sesame seeds in a pan, with a lid, over medium heat. Toast until starting to pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. Halve the avocados and set aside one of the halves for another meal. Peel off the avocado skin of the remaining halves. Roughly slice and set aside.

3. FRY THE ONIONS Return the pan to medium heat with a drizzle of oil. When hot, fry the sliced onion until golden, 6-7 minutes (shifting occasionally). Remove from the pan, season, and set aside.

4. BROCC & EDAMAME Return the pan to medium-high heat with a drizzle of oil or a knob of butter. When hot, fry the broccoli pieces until lightly charred, 6-7 minutes. Add a splash of water and toss through the edamame beans. Cover with the lid and simmer until al dente, 1-2 minutes. Remove from the heat, season, and set aside.

5. MAYO DRIZZLE Loosen the mayo with water in 5ml increments until drizzling consistency.

6. PLATE & GARNISH Bowl up the seasoned rice. Top with the fried onion, the fried broccoli & edamame, the avo slices, the diced cucumber, and the radish slices poke bowl-style. Drizzle over the wasabi mayo (to taste) and scatter over the toasted seeds. Garnish with the chopped coriander.

Nutritional Information

Per 100g

Energy	578kJ
Energy	138kcal
Protein	4.1g
Carbs	17g
of which sugars	2.1g
Fibre	3.9g
Fat	6.5g
of which saturated	1.2g
Sodium	95mg

Allergens

Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 2
Days