



# UCOOK

## Hoisin Beef & Broccoli Bowl

with pickled radish & cashew nuts

Dive into this umami-rich hoisin beef mince dish, with hits of chilli, sweet-vinegar pickled radish & charred broccoli. Served with fluffy jasmine rice.

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 4 People


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**Chef:** Rhea Hsu

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 Quick & Easy

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 Waterkloof | Circumstance Mourvèdre

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## Ingredients & Prep

400ml	Jasmine Rice <i>rinsed</i>
80g	Radish
400g	Broccoli Florets
40g	Fresh Ginger
2	Spring Onions
1	Fresh Chilli
2	Onions
60ml	Rice Wine Vinegar
600g	Free-range Beef Mince
10ml	Chinese 5-Spice
200ml	Hoisin Sauce
40g	Cashew Nuts

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. FLUFFY RICE** Place the rinsed rice in a pot with 800ml 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. PREP** Rinse and thinly slice the radish. Cut the broccoli into bite-size pieces. Peel and grate the ginger. Rinse, trim and thinly slice the spring onions, keeping the white & green parts separate. De-seed and slice the chilli. Peel and slice the onions.

**3. READY THE RADISH** In a small bowl, combine the vinegar, 20ml of sweetener, 20ml of warm water, and seasoning. Add the sliced radish and set aside to pickle. Drain the pickling liquid just before serving.

**4. FRY THE BROCC** Place a pan, with a lid, over medium-high heat with a drizzle of oil. When hot, fry the broccoli pieces until lightly charred, 5-6 minutes (shifting occasionally). Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and set aside.

**5. HOISIN MINCE** Return the pan to a medium heat with a drizzle of oil. When hot, fry the sliced onion until soft, 5-6 minutes (shifting occasionally). Add the grated ginger, the spring onion whites, the mince, and the Chinese 5-spice. Work quickly to break the mince up as it starts to cook. Cook until browned, 5-6 minutes (shifting occasionally). In the final minute, add the cooked broccoli. Remove from the heat, mix through the hoisin, the sliced chilli (to taste), and seasoning.

**6. DIG IN** Bowl up the rice. Top with the hoisin beef & broccoli and the pickled radish. Sprinkle over the cashew nuts, the spring onion greens, and any remaining chilli (to taste). Finish off with a crack of black pepper. Enjoy, Chef!



## Chef's Tip

Toast the chopped cashews in a pan over a medium heat until golden brown, 2-4 minutes (shifting occasionally).

## Nutritional Information

Per 100g

Energy	735kj
Energy	175kcal
Protein	7.1g
Carbs	21g
of which sugars	6.4g
Fibre	1.6g
Fat	6.5g
of which saturated	2.3g
Sodium	352mg

## Allergens

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

Cook  
within 2  
Days