



UCOOK

Fusion Biltong Poke Bowl

with fluffy rice & edamame beans

We're giving the poke bowl a South African twist! On a bed of fragrant jasmine rice rests salty biltong, green pops of edamame beans, yellow corn, red radish, cabbage, and fresh coriander. Finished off with a moreish kewpie mayo & sriracha dressing.


Hands-on Time: 10 minutes

Overall Time: 25 minutes

Serves: 1 Person

Chef: Kate Gomba

 Quick & Easy

 No paired wines

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Ingredients & Prep

75ml	Jasmine Rice <i>rinsed</i>
10ml	White Sesame Seeds
100g	Cabbage
20g	Radish
3g	Fresh Coriander
1	Fresh Chilli
50g	Free-range Beef Biltong
50g	Corn
50g	Edamame Beans
1	Avocado
65ml	Spicy Mayo <i>(50ml Kewpie Mayo & 15ml Sriracha Sauce)</i>
10ml	Low Sodium Soy Sauce

From Your Kitchen

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

1. FLUFFY RICE Place the rinsed rice in a pot with 150ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. SESAME SEEDS Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. PREP STEP Rinse & finely slice a ¼ of the cabbage. Rinse and slice the radish into rounds. Rinse and roughly chop the coriander. Rinse, deseed and slice the chilli. Roughly chop the biltong.

4. GREEN & GOLD Boil the kettle. Submerge the corn and edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

5. CREAMY, SALTY & SPICY Halve the avocado and set aside the half containing the pip for another meal. Scoop out the flesh from the remaining half. Slice, season, and set aside. In a small bowl, combine the spicy mayo and the soy sauce (to taste). Add water in 5ml increments until drizzling consistency.

6. OKE POKE! Time to assemble! Bowl up the rice. Arrange the plumped edamame beans and corn, the sliced cabbage, the radish rounds, the avo slices, and the chopped biltong in a circle on top of the rice. Drizzle over the spicy dressing (to taste). Sprinkle over the toasted sesame seeds, the chopped coriander, and the sliced chilli (to taste). Simply delicious, Chef!

Nutritional Information

Per 100g

Energy	880kJ
Energy	210kcal
Protein	8g
Carbs	16g
of which sugars	1.8g
Fibre	3.3g
Fat	6.5g
of which saturated	1g
Sodium	297mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within
4 Days