



QCOOK

Fusion Biltong Poke Bowl

with fluffy rice & edamame beans

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	763kJ	5677kJ
Energy	183kcal	1358kcal
Protein	6.5g	48.1g
Carbs	15g	113g
of which sugars	1.4g	10.6g
Fibre	3.2g	24g
Fat	10.5g	78.2g
of which saturated	1g	7.1g
Sodium	260mg	1933mg

Allergens: Sulphites, Egg, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
1	1	Beef Biltong
1	1	Jasmine Rice
1	1	Bell Pepper
1	1	Fresh Coriander
1	1	Avocado <i>cut in half & thinly slice 1½ [2]</i>
1	1	Edamame Beans
225ml	300ml	Spicy Mayo <i>(150ml [200ml] Kewpie Mayo, 45ml [60ml] Sriracha Sauce & 30ml [40ml] Low Sodium Soy Sauce)</i>
30ml	40ml	CHILLI & SEED MIX <i>(22.5ml [30ml] White Sesame Seeds & 7.5ml [10ml] Dried Chilli Flakes)</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. PREPARATION STATION Boil the kettle. Roughly chop the biltong, and rinse the rice. Rinse, deseed and cut half *[all]* the pepper into strips. Rinse, pick and roughly chop the coriander. Halve the avocado and remove the pip. Keeping the flesh intact, peel the skin off one half *[both halves]*. Thinly slice and set aside.

2. READY THE RICE Place the rice in a pot with 600ml *[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 steam, 8-10 minutes. Fluff with a fork and cover.

3. ALMOST THERE Place the edamame beans in a bowl, and submerge in salted boiling water until plumped up, 3-4 minutes. Drain and set aside. In a small bowl, loosen the spicy mayo with water in 5ml increments until a drizzling consistency.

4. AND YOU'RE DONE! Time to assemble, poke bowl style! Bowl up the rice, then arrange the edamame beans, pepper, and avocado in a circle on top. Top with the biltong. Drizzle over the spicy mayo (to taste), then sprinkle over the chilli & seed mix and coriander. Simply delicious, Chef!