



UCOOK

Crunchy Greens & Miso Dressing

with jasmine rice, guacamole & pickled ginger

Jasmine rice is loaded with sliced cabbage and topped with crunchy green beans and pops of edamame beans. Dressed up with creamy avo slices and a super tasty miso dressing. Garnished with slivers of pickled ginger, sesame seeds, and fresh coriander. Sounds incredible, right?

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 2 People

Chef: Rhea Hsu

Veggie

Creation Wines | Creation Sauvignon
Blanc/Semillon

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Ingredients & Prep

150ml	Jasmine Rice <i>rinse</i>
160g	Green Beans
20g	Pickled Ginger
5g	Fresh Coriander
20g	Fresh Ginger
10ml	Miso Paste
50ml	Asian Dressing <i>(20ml Rice Wine Vinegar, 10ml Honey & 20ml Sesame Oil)</i>
60ml	Coconut Yoghurt
80g	Edamame Beans
1	Avocado
100g	Cabbage <i>rinse & thinly slice</i>
10ml	Mixed Sesame Seeds

From Your Kitchen

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

1. NOT YOUR AVERAGE RICE Place the rinsed rice in a pot with 300ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. PREPARATION STATION Rinse, trim, and halve the green beans. Drain and roughly slice the pickled ginger. Rinse and pick the coriander. Finely chop ½ the picked coriander. Peel and grate the ginger.

3. ASIAN DRESSING In a small bowl, loosen the miso paste with the Asian dressing. Add the coconut yoghurt, the grated ginger (to taste), ½ the chopped coriander, and seasoning. Loosen with a splash of water, if necessary. Set aside.

4. GREEN IS GOOD Place a pan over medium-high heat with a splash of water. When starting to bubble, simmer the halved green beans until al dente, 4-5 minutes. In the final 1-2 minutes, add the edamame beans. Season.

5. ALMOST THERE Halve the avocado and remove the pip. Peel the skin off, keeping the flesh intact. Slice the avocado, season, and set aside. In a bowl, combine the cooked rice, the sliced cabbage, and ½ the dressing.

6. GET BOWLED OVER! Bowl up the loaded rice. Top with the green beans & edamame and the avo slices. Drizzle over the remaining dressing and sprinkle over the sesame seeds. Garnish with the sliced pickled ginger and the remaining coriander. Wow, Chef!



Chef's Tip

Place the sesame seeds in a pan over medium heat. Toast until the white ones are lightly browned, 2-4 minutes (shifting occasionally).

Nutritional Information

Per 100g

Energy	693kj
Energy	166kcal
Protein	3.2g
Carbs	21g
of which sugars	3.2g
Fibre	3.9g
Fat	8g
of which saturated	1.4g
Sodium	113mg

Allergens

Gluten, Sesame, Wheat, Sulphites, Soy

Eat
Within
4 Days