



# UCOOK

## Japanese-style Seared Beef

with a carrot & cucumber salad

Don't you just love it when a recipe requires easy prep and minimal time in the kitchen, but still results in a delicious plate of food? On a bed of fluffy basmati rice comes slices of seared beef, basted with a special UCOOK Japanese dressing. Sided with pickled cucumber & carrot and finished with toasted sesame seeds.

---

**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

---

**Serves:** 4 People


---

**Chef:** Jade Summers

---

 Quick & Easy

---

 Muratie Wine Estate | Muratie Ronnie Melck-Shiraz 2019

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

400ml	Jasmine Rice <i>rinse</i>
40ml	Mixed Sesame Seeds
640g	Free-range Beef Rump
205ml	Japanese Dressing <i>(40ml Rice Wine Vinegar &amp; 40ml Sesame Oil &amp; 125ml Sweet Indo Soy Sauce)</i>
40ml	Lemon Juice
240g	Carrot <i>rinse, trim &amp; peel into ribbons</i>
400g	Cucumber <i>rinse &amp; peel into ribbons</i>

## From Your Kitchen

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

**1. NICE 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. OPEN SESAME** 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. JAPANESE-STYLE STEAK** Return a pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak, fat-side down, until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). Remove from the pan, reserving the pan juices, baste with the Japanese dressing, and rest for 5 minutes before slicing and seasoning.

**4. PICKLED VEG** In a bowl, combine the lemon juice, a drizzle of olive oil, a sweetener, and seasoning. Toss through the carrot & cucumber ribbons.

**5. QUICK & EASY, RIGHT?** Plate up the fluffy rice and top with the seared rump. Drizzle over the reserved pan juices. Side with the carrot & cucumber salad, sprinkled with the toasted sesame seeds.

## Nutritional Information

Per 100g

Energy	656kJ
Energy	157kcal
Protein	7.2g
Carbs	19g
of which sugars	5.3g
Fibre	1.2g
Fat	4.1g
of which saturated	0.9g
Sodium	196mg

## Allergens

Gluten, Sesame, Wheat, Sulphites, Soy

Cook  
within  
4 Days