



UCOOK

Cucumber Salad & Sesame Beef

with fluffy basmati rice

Like the tastes and textures of sushi and sesame beef? This mouthwatering Asian mash-up marries the best of both worlds into a salad. Fluffy rice is topped with seared beef, sprinkles of toasted sesame seeds and sided with pickled cucumber. A mayo drizzle and soy dressing complete the meal.

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Megan Bure

Simple & Save

Laborie Estate | Laborie Rosé 2023

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Ingredients & Prep

75ml	White Basmati Rice <i>rinse</i>
20ml	Dressing <i>(10ml Rice Wine Vinegar & 10ml Low Sodium Soy Sauce)</i>
100g	Cucumber <i>rinse & cut into matchsticks</i>
10ml	Black Sesame Seeds
150g	Beef Schnitzel (without crumb)
40ml	Mayo

From Your Kitchen

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

1. STEAMED RICE Place the rinsed rice in a pot with 150ml of salted water. Cover with a lid 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. DRESSED-UP CUCUMBER In a bowl, combine the dressing with 1 tbsp of a sweetener (to taste). Add the cucumber matchsticks, a pinch of salt, and toss until fully coated. Set aside to marinate until serving.

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

4. SEARED BEEF Return the pan to medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 30-60 seconds per side. In the final 30 seconds, baste with a knob of butter. Remove from the pan and season.

5. FIVE-STAR SALAD Plate the rice up with the beef schnitzel on the side. Scatter over the toasted sesame seeds and serve the cucumber salad alongside, drizzled with some of the dressing. Drizzle over the mayo and dig in!

Nutritional Information

Per 100g

Energy	746kJ
Energy	178kcal
Protein	11.6g
Carbs	17g
of which sugars	1.5g
Fibre	0.8g
Fat	7.3g
of which saturated	0.9g
Sodium	151mg

Allergens

Gluten, Sesame, Wheat, Sulphites, Soy,
Cow's Milk

Eat
Within
4 Days