



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: 40 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Rhea Hsu

Veggie

Creation Wines | Creation Sauvignon
Blanc/Semillon

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Ingredients & Prep

300ml	Jasmine Rice <i>rinse</i>
320g	Green Beans
40g	Pickled Ginger
10g	Fresh Coriander
40g	Fresh Ginger
20ml	Miso Paste
100ml	Asian Dressing <i>(40ml Rice Wine Vinegar, 20ml Honey & 40ml Sesame Oil)</i>
125ml	Coconut Yoghurt
160g	Edamame Beans
2	Avocados
200g	Cabbage <i>rinse & thinly slice</i>
20ml	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 600ml 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 pickled 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, 6-7 minutes. In the final 1-2 minutes, add the edamame beans. Season.

5. ALMOST THERE Halve the avocados and remove the pips. Peel the skin off, keeping the flesh intact. Slice the avocados, 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 beans. Dollop over the guacamole. Drizzle over the remaining dressing and sprinkle over the sesame seeds. Garnish with the sliced pickled ginger. 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