



UCOOK

Fusion Biltong Poke Bowl

with fluffy rice & edamame beans

We're giving the poke bowl a South African twist! On a bed of fragrant jasmine rice rests salty biltong, green pops of edamame beans, yellow corn, red radish, cabbage, and fresh coriander. Finished off with a moreish kewpie mayo & sriracha dressing.

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 4 People

Chef: Kate Gomba

 Quick & Easy

 No paired wines

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Ingredients & Prep

300ml	Jasmine Rice <i>rinsed</i>
40ml	White Sesame Seeds
400g	Cabbage
80g	Radish
10g	Fresh Coriander
2	Fresh Chillies
200g	Free-range Beef Biltong
200g	Corn
200g	Edamame Beans
2	Avocados
260ml	Spicy Mayo <i>(200ml Kewpie Mayo & 60ml Sriracha Sauce)</i>
40ml	Low Sodium Soy Sauce

From Your Kitchen

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

1. FLUFFY 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, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. SESAME SEEDS 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. PREP STEP Rinse & finely slice the cabbage. Rinse and slice the radish into rounds. Rinse and roughly chop the coriander. Rinse, deseed and slice the chillies. Roughly chop the biltong.

4. GREEN & GOLD Boil the kettle. Submerge the corn and edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

5. CREAMY, SALTY & SPICY Halve the avocados and scoop out the flesh. Slice, season, and set aside. In a small bowl, combine the spicy mayo and the soy sauce (to taste). Add water in 5ml increments until drizzling consistency.

6. OKE POKE! Time to assemble! Bowl up the rice. Arrange the plumped edamame beans and corn, the sliced cabbage, the radish rounds, the avo slices, and the chopped biltong in a circle on top of the rice. Drizzle over the spicy dressing (to taste). Sprinkle over the toasted sesame seeds, the chopped coriander, and the sliced chilli (to taste). Simply delicious, Chef!

Nutritional Information

Per 100g

Energy	880kJ
Energy	210kcal
Protein	8g
Carbs	16g
of which sugars	1.8g
Fibre	3.3g
Fat	6.5g
of which saturated	1g
Sodium	297mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within
4 Days