



U COOK

Hawaiian Beef Fried Rice

with carrot & peas

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Simple & Save: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Estate Merlot

Nutritional Info	Per 100g	Per Portion
Energy	529kJ	3195kJ
Energy	127kcal	764kcal
Protein	7.5g	45.1g
Carbs	15.9g	95.8g
of which sugars	3.9g	23.6g
Fibre	1.8g	11.1g
Fat	3.5g	21.2g
of which saturated	0.4g	2.7g
Sodium	70.3mg	424.2mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 5 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

150g	300g	Beef Schnitzel (without crumb)
120g	240g	Carrot <i>rinse, trim, peel & roughly dice</i>
1	1	Onion <i>peel & roughly dice</i>
5ml	10ml	Smoked Paprika
3g	5g	Fresh Thyme <i>rinse & pick</i>
75ml	150ml	Jasmine Rice <i>rinse</i>
40g	80g	Peas
40g	80g	Tinned Pineapple Pieces <i>drain & roughly chop</i>
30ml	60ml	Mayo

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Butter

Paper Towel

1. BROWNED BEEF Place a pan over medium-high heat with a drizzle of oil. Pat the schnitzel dry with paper towel. When hot, sear the schnitzel until browned, 20-30 seconds per side. In the final 30 seconds, baste with a knob of butter. Remove from the pan, cut into small bite-sized pieces, and season.

2. FRY THE VEGGIES Return the pan to medium heat with all the pan juices. Fry the carrot and the onion until golden, 6-8 minutes (shifting occasionally). Add the smoked paprika and the thyme, fry until fragrant, 1-2 minutes.

3. FRIED RICE Add the rice and 150ml [300ml] 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, add the peas, beef pieces, and set aside to steam, 8-10 minutes. Fluff with a fork and mix through the pineapple.

4. SOME PREP In a bowl, loosen the mayo with water in 5ml increments until a drizzling consistency.

5. TIME TO EAT Bowl up the loaded fried rice and drizzle over the mayo. Well done, Chef!