



UCOOK

Hoisin Beef & Broccoli Bowl

with pickled radish & cashew nuts

Dive into this umami-rich hoisin beef mince dish, with hits of chilli, sweet-vinegar pickled radish & charred broccoli. Served with fluffy jasmine rice.


Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 2 People

Chef: Rhea Hsu

 Quick & Easy

 Waterkloof | Circumstance Mourvèdre

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Ingredients & Prep

200ml	Jasmine Rice <i>rinsed</i>
40g	Radish
200g	Broccoli Florets
20g	Fresh Ginger
1	Spring Onion
1	Fresh Chilli
1	Onion
30ml	Rice Wine Vinegar
300g	Free-range Beef Mince
5ml	Chinese 5-Spice
100ml	Hoisin Sauce
20g	Cashew Nuts

From Your Kitchen

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

1. FLUFFY RICE Place the rinsed rice in a pot with 400ml 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. PREP Rinse and thinly slice the radish. Cut the broccoli into bite-size pieces. Peel and grate the ginger. Rinse, trim and thinly slice the spring onions, keeping the white & green parts separate. De-seed and slice the chilli. Peel and slice the onion.

3. READY THE RADISH In a small bowl, combine the vinegar, 10ml of sweetener, 10ml of warm water, and seasoning. Add the sliced radish and set aside to pickle. Drain the pickling liquid just before serving.

4. FRY THE BROCC Place a pan, with a lid, over medium-high heat with a drizzle of oil. When hot, fry the broccoli pieces until lightly charred, 4-5 minutes (shifting occasionally). Add a splash of water, cover with a lid, and simmer until al dente, 1-2 minutes. Remove from the pan and set aside.

5. HOISIN MINCE Return the pan to a medium heat with a drizzle of oil. When hot, fry the sliced onion until soft, 4-5 minutes (shifting occasionally). Add the grated ginger, the spring onion whites, the mince, and the Chinese 5-spice. Work quickly to break the mince up as it starts to cook. Cook until browned, 4-5 minutes (shifting occasionally). In the final minute, add the cooked broccoli. Remove from the heat, mix through the hoisin, the sliced chilli (to taste), and seasoning.

6. DIG IN Bowl up the rice. Top with the hoisin beef & broccoli and the pickled radish. Sprinkle over the cashew nuts, the spring onion greens, and any remaining chilli (to taste). Finish off with a crack of black pepper. Enjoy, Chef!



Chef's Tip

Toast the chopped cashews in a pan over a medium heat until golden brown, 2-4 minutes (shifting occasionally).

Nutritional Information

Per 100g

Energy	735kj
Energy	175kcal
Protein	7.1g
Carbs	21g
of which sugars	6.4g
Fibre	1.6g
Fat	6.5g
of which saturated	2.3g
Sodium	352mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Tree Nuts, Soy

Cook
within 2
Days