



# UCOOK

## Savoury Spicy Asian Beef & Rice

with fluffy rice & black sesame seeds

Black sesame seeds are sprinkled over the most umami-fied pan-fried steak you've ever tasted, Chef! The secret is UCOOK's special Korean basting sauce, which is a mouthwatering must-try when combined with gojuchang & fresh ginger. Served with steaming jasmine rice and earthy green beans.

---

**Hands-on Time:** 15 minutes

**Overall Time:** 20 minutes

---

**Serves:** 1 Person

---

**Chef:** Kate Gomba

---

Quick & Easy

---

Paul Cluver | Village Pinot Noir

---

Loved the dish? Let us know. Join the UCOOK community. Share your creations + tag us @ucooksa #lovingucook

## Ingredients & Prep

---

100ml	Jasmine Rice <i>rinse</i>
80g	Green Beans <i>rinse</i>
10g	Fresh Ginger <i>peel &amp; grate</i>
15ml	Gochujang
25ml	Korean Sauce <i>(10ml Low Sodium Soy Sauce, 5ml Sesame Oil &amp; 10ml Rice Wine Vinegar)</i>
160g	Beef Rump
5ml	Black Sesame Seeds

## From Your Kitchen

---

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water  
Paper Towel  
Sugar/Sweetener/Honey

**1. RICE** Place the rinsed rice in a pot with 200ml 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. GREEN BEANS** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 3-4 minutes (shifting occasionally). Remove from the pan, season, and cover.

**3. STEAK** In a small bowl, combine the grated ginger, 5ml of sweetener, the gochujang (to taste), and the Korean sauce. Return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, remove the pan from the heat and baste the steak with the Korean sauce mixture. Remove from the pan with all the pan juices. Rest before slicing and seasoning.

**4. DINNER IS READY** Bowl up the rice, top with the steak slices, and side with the charred green beans. Drizzle over the reserved pan juices and sprinkle over the sesame seeds. Well done, Chef!

## Nutritional Information

---

Per 100g

Energy	853kj
Energy	204kcal
Protein	11.6g
Carbs	22g
of which sugars	2.1g
Fibre	1.6g
Fat	4.7g
of which saturated	1.2g
Sodium	213.4mg

---

## Allergens

Gluten, Sesame, Wheat, Sulphites,  
Sugar Alcohol (Xylitol), Soy

Eat  
Within  
5 Days