



# UCOOK

## Vegan Tenders & Fried Rice

with peas & piquanté peppers

Shredded On The Green Side Tenders, fried garlic, golden onion, NOMU Spanish Rub, bell pepper, pops of peas & grated carrot combine to make the jasmine rice shine. Garnished with sweet piquanté peppers to balance the savoury sensation.

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**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Kate Gomba

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 Veggie

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 Stellenzicht | Thunderstone Rosé

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## Ingredients & Prep

|       |                                                          |
|-------|----------------------------------------------------------|
| 100ml | Jasmine Rice<br><i>rinsed</i>                            |
| 150g  | On The Green Side<br>Tenders                             |
| 1     | Garlic Clove<br><i>peeled &amp; grated</i>               |
| 1     | Onion<br><i>peeled &amp; diced</i>                       |
| 10ml  | NOMU Spanish Rub                                         |
| 1     | Bell Pepper<br><i>½ rinsed, deseeded &amp; diced</i>     |
| 120g  | Carrot<br><i>rinsed, trimmed, peeled &amp; grated</i>    |
| 40g   | Peas                                                     |
| 20g   | Piquanté Peppers<br><i>drained &amp; roughly chopped</i> |

## From Your Kitchen

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

**1. READY THE 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. ADD FLAVOUR & FRY** Using a fork, shred the tenders. Return the pan to medium-high heat with a drizzle of oil. When hot, fry the grated garlic and the diced onion until golden, 4-5 minutes (shifting occasionally). Add the NOMU rub and fry until fragrant, 1-2 minutes. Add the cooked rice and the diced bell pepper. Fry until combined, 2-3 minutes (shifting constantly). Add the grated carrot, the peas, and the shredded tenders. Fry until warmed through, 2-3 minutes. Remove from the heat and season.

**3. SET THE TABLE** Serve up the fried rice. Garnish with the piquanté peppers.

## Nutritional Information

Per 100g

|                    |        |
|--------------------|--------|
| Energy             | 413kj  |
| Energy             | 99kcal |
| Protein            | 5.4g   |
| Carbs              | 17g    |
| of which sugars    | 3.1g   |
| Fibre              | 2.9g   |
| Fat                | 1.1g   |
| of which saturated | 0.1g   |
| Sodium             | 116mg  |

## Allergens

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

Cook  
within 3  
Days