

COOK

Plant-based Nuggets & Sriracha Mayo

with pickled veg & fluffy rice

Hands-on Time: 20 minutes

Overall Time: 35 minutes

Veggie: Serves 1 & 2

Chef: Hellen Mwanza

Wine Pairing: Waterford Estate | Waterford Old Vine Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	705kJ	4041kJ
Energy	169kcal	966kcal
Protein	5.2g	29.8g
Carbs	22g	126g
of which sugars	4.3g	24.7g
Fibre	1.3g	7.3g
Fat	6.6g	37.9g
of which saturated	0.4g	2.3g
Sodium	219mg	1258mg

Allergens: Sulphites, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Mild

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	White Basmati Rice *rinse*
120g	120g	Carrot *rinse, peel & cut into matchsticks*
50g	100g	Cucumber *rinse & cut into matchsticks*
60ml	120ml	Pickling Liquid *(10ml [20ml] Maple-flavoured Syrup & 50ml [100ml] White Wine Vinegar)*
60ml	120ml	Spicy Mayo *(50ml [100ml] Mayo & 10ml [20ml] Sriracha Sauce)*
5ml	10ml	White Sesame Seeds
5 units	10 units	Green Fields Vegan Chicken-style Nuggets
20g	40g	Pickled Onions *drain & finely slice*
1	1	Spring Onion *rinse, trim & finely slice*

From Your Kitchen

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

1. ON YOUR MARKS. GET SET. COOK! Place the rice in a pot with 200ml [400ml] 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 and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. PICKLED VEG & SPICY MAYO To a bowl, add the carrot, the cucumber, the pickling liquid, and set aside in the fridge. To a separate bowl, add the spicy mayo and loosen with 5ml increments of water until drizzling consistency.

3. OPEN SESAME 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.

4. GOLDEN NUGGETS Return the pan to medium heat with enough oil to cover the base. When hot, fry the nuggets until golden and crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel. Alternatively, air fry at 200°C until crispy, 5-8 minutes (shifting halfway).

5. BOWL 'EM OVER Plate up the rice, side with nuggets, the pickled onions and the pickled veggies (buddha bowl style). Drizzle over the spicy mayo, and sprinkle over the toasted sesame seeds. Garnish with the spring onion.

Chef's Tip