



UCOOK

Asian-style Chicken Mince & Rice

with charred baby tomatoes & cashew
nuts

Umami can be added to a dish with various ingredients and flavour combinations, and blistered tomatoes are one way to do it, Chef! These will share a plate with edamame bean-loaded jasmine rice, browned chicken mince simmered in our special Asian UCOOK sauce, and earthy spinach.

Hands-on Time: 20 minutes

Overall Time: 20 minutes

Serves: 1 Person

Chef: Kate Gomba

Quick & Easy

Muratie Wine Estate | Muratie Isabella
Chardonnay 2023

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

Ingredients & Prep

75ml	Jasmine Rice <i>rinse</i>
40g	Edamame Beans
80g	Baby Tomatoes <i>rinse & cut in half</i>
1	Spring Onion <i>rinse, trim & roughly slice</i>
150g	Free-range Chicken Mince
1 unit	UCOOK Asian Sauce
20g	Spinach <i>rinse</i>
15g	Cashew Nuts
20g	Piquanté Peppers <i>drain</i>

From Your Kitchen

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

1. RICE Place the rinsed rice in a pot with 150ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 8-10 minutes. Remove from the heat, mix in the edamame beans, and steam, 8-10 minutes. Fluff with a fork and cover.

2. CHARRED TOMATOES Place a pan over high heat with a drizzle of oil. When hot, fry the halved tomatoes until charred, 1-2 minutes, shifting occasionally. Add the sliced onions and fry until lightly golden, 1-2 minutes. Remove from the pan.

3. MINCE Return the pan over high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 1-2 minutes (shifting occasionally). Mix in the Asian sauce, 50ml of water, and the charred baby tomatoes with the onions. Simmer until the sauce is warmed through and silky (stirring occasionally). Remove from the heat.

4. DINNER IS READY Make a bed of the rinsed spinach, top with the rice, and the saucy mince. Sprinkle over the nuts, and the drained piquanté peppers. Bon appétit, Chef!



Chef's Tip

Place the cashews in a pan over medium heat. Toast until golden brown, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

Nutritional Information

Per 100g

Energy	689kJ
Energy	165kcal
Protein	8.8g
Carbs	18g
of which sugars	3g
Fibre	1.4g
Fat	6.3g
of which saturated	1.3g
Sodium	238mg

Allergens

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

Eat
Within
1 Day