

UCOOK

Asian Beef Mince Roll-ups

with UCOOK's Asian sauce

Hands-on Time: 15 minutes
Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info Per 100g Per Portion Energy 622kJ 4313kJ Energy 149kcal 1032kcal Protein 6.6g 45.9g Carbs 15g 106g of which sugars 4g 27.7g Fibre 1.8g 12.4g Fat 7g 48.8g of which saturated 2g 14.2g Sodium 279mg 1936mg			
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Allergens: Shellfish, Fish, Gluten, Sesame, Wheat, Cow's

Milk, Soya, Allium

Spice Level: None

Ingredients & Prep Actions:			
Serves 1	[Serves 2]		
2	4	Rotis	
150g	300g	Beef Mince	
1 unit	1 unit	UCOOK Asian Sauce	
40g	80g	Edamame Beans	
3g	5g	Fresh Coriander	
10g	20g	Salad Leaves	
1	1	Bell Pepper rinse, deseed & cut ½ [1] strips	
50g	100g	Cucumber rinse & cut into rounds	
5ml	10ml	White Sesame Seeds	

From Your Kitchen

Salt & Pepper Water

Oil (cooking, olive or coconut)

into

- 1. READY THE ROTIS Place a pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.
- 2. MAKE THE MINCE Return the pan to medium-high heat with a drizzle of oil. Fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). In the final minute, mix through $\frac{1}{2}$ [all] the Asian sauce (to taste) and the edamame beans.
- 3. QUICK PREP Rinse, pick, and roughly chop the coriander and salad leaves.
- 4. ON A ROLL, CHEF! Fill the rotis with the mince, the pepper, and the cucumber. Scatter over the herbs, the leaves and the sesame seeds. Roll up and dig in, Chef!

Chef's Tip 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.