



## 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 <i>rinse, deseed &amp; cut ½ [1] into strips</i>
50g	100g	Cucumber <i>rinse &amp; cut into rounds</i>
5ml	10ml	White Sesame Seeds

## From Your Kitchen

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

**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 ½ [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.