



UCOOK

Japanese-style Seared Beef

with a carrot & cucumber salad

Don't you just love it when a recipe requires easy prep and minimal time in the kitchen, but still results in a delicious plate of food? On a bed of fluffy basmati rice comes slices of seared beef, basted with a special UCOOK Japanese dressing. Sided with pickled cucumber & carrot and finished with toasted sesame seeds.


Hands-on Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Jade Summers

 Quick & Easy

 Muratie Wine Estate | Muratie Ronnie Melck-Shiraz 2019

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Ingredients & Prep

100ml	Jasmine Rice <i>rinse</i>
10ml	Mixed Sesame Seeds
160g	Free-range Beef Rump
50ml	Japanese Dressing <i>(10ml Rice Wine Vinegar & 10ml Sesame Oil & 30ml Sweet Indo Soy Sauce)</i>
10ml	Lemon Juice
120g	Carrot <i>rinse, trim & peel into ribbons</i>
100g	Cucumber <i>rinse & peel into ribbons</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey
Paper Towel

1. NICE 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. 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.

3. JAPANESE-STYLE STEAK Return a pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak, fat-side down, until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). Remove from the pan, reserving the pan juices, baste with the Japanese dressing, and rest for 5 minutes before slicing and seasoning.

4. PICKLED VEG In a bowl, combine the lemon juice, a drizzle of olive oil, a sweetener, and seasoning. Toss through the carrot & cucumber ribbons.

5. QUICK & EASY, RIGHT? Plate up the fluffy rice and top with the seared rump. Drizzle over the reserved pan juices. Side with the carrot & cucumber salad, sprinkled with the toasted sesame seeds.

Nutritional Information

Per 100g

Energy	656kj
Energy	157kcal
Protein	7.2g
Carbs	19g
of which sugars	5.3g
Fibre	1.2g
Fat	4.1g
of which saturated	0.9g
Sodium	196mg

Allergens

Gluten, Sesame, Wheat, Sulphites, Soy

Cook
within
4 Days