



UCOOK

Fusion Biltong Poke Bowl

with fluffy rice & edamame beans

We're giving the poke bowl a South African twist! On a bed of fragrant jasmine rice rests salty biltong, green pops of edamame beans, shredded cabbage, and fresh coriander. Finished off with a moreish kewpie mayo & sriracha dressing.

Hands-on Time: 10 minutes

Overall Time: 20 minutes

Serves: 2 People

Chef: Kate Gomba

Quick & Easy

Groote Post Winery | Groote Post Riesling

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Ingredients & Prep

150ml	Jasmine Rice <i>rinse</i>
100g	Edamame Beans
150ml	Spicy Mayo <i>(100ml Kewpie Mayo, 30ml Sriracha Sauce & 20ml Low Sodium Soy Sauce)</i>
200g	Cabbage <i>rinse & thinly slice</i>
100g	Free-range Beef Biltong <i>roughly chop</i>
1 unit	Guacamole
20ml	Chilli & Seed Mix <i>(15ml White Sesame Seeds & 5ml Dried Chilli Flakes)</i>
5g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. FLUFFY RICE Place the rinsed rice in a pot with 300ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 8-10 minutes. Remove from the heat and steam, 6-8 minutes. Fluff with a fork and cover.

2. EDAMAME Boil the kettle. Place the edamame beans in a bowl, and submerge in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

3. SPICY MAYO In a small bowl, loosen the spicy mayo with water in 5ml increments until drizzling consistency.

4. OKE POKE! Time to assemble! Bowl up the rice. Arrange the plump edamame beans, the sliced cabbage, and the chopped biltong in a circle on top of the rice. Drizzle over the spicy mayo (to taste) and dollop with the guac. Sprinkle over the chilli & seed mix, and the chopped coriander. Simply delicious, Chef!

Nutritional Information

Per 100g

Energy	954kJ
Energy	228kcal
Protein	8.8g
Carbs	16g
of which sugars	1.6g
Fibre	3.4g
Fat	7.2g
of which saturated	0.4g
Sodium	415mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

Eat
Within
4 Days