



# 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.

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**Hands-on Time:** 20 minutes

**Overall Time:** 25 minutes

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**Serves:** 4 People

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**Chef:** Kate Gomba

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Quick & Easy

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Groote Post Winery | Groote Post Riesling

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## Ingredients & Prep

300ml	Jasmine Rice <i>rinse</i>
200g	Edamame Beans
300ml	Spicy Mayo <i>(200ml Kewpie Mayo, 60ml Sriracha Sauce &amp; 40ml Low Sodium Soy Sauce)</i>
400g	Cabbage <i>rinse &amp; thinly slice</i>
200g	Free-range Beef Biltong <i>roughly chop</i>
2 units	Guacamole
40ml	Chilli & Seed Mix <i>(30ml White Sesame Seeds &amp; 10ml Dried Chilli Flakes)</i>
10g	Fresh Coriander <i>rinse, pick &amp; 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 600ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 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