



WCOOK

Beef Wonton "Nachos"

with kewpie mayo, pickled ginger & sesame seeds

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Thea Richter

Wine Pairing: Sophie Germanier Organic | Sophie Germanier Pinotage Organic

Nutritional Info

	Per 100g	Per Portion
Energy	845kJ	4065kJ
Energy	202kcal	972kcal
Protein	7.9g	37.9g
Carbs	14g	65g
of which sugars	7.1g	34g
Fibre	1.7g	8g
Fat	8.2g	39.3g
of which saturated	2.7g	12.9g
Sodium	419mg	2016mg

Allergens: Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Sugar Alcohol (Xylitol), Soy

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150g	200g	Edamame Beans
2	2	Spring Onions <i>finely slice, keeping the white & green parts separate</i>
300g	400g	Cabbage <i>thinly slice</i>
45ml	60ml	Lemon Juice
90ml	125ml	Kewpie Mayo
30ml	40ml	White Sesame Seeds
450g	600g	Beef Mince
150ml	200ml	Hoisin Sauce
15	20	Wonton Wrappers <i>cut into triangles</i>
45g	60g	Pickled Ginger <i>drain & roughly chop</i>
2	2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Water
Paper Towel
Seasoning (salt & pepper)

1. MEAL PREP Boil the kettle. Place the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and place in a bowl. Add the spring onion whites, the cabbage, the lemon juice (to taste), and seasoning to the bowl. Toss until combined and set aside. In a separate bowl, loosen the mayo with water in 5ml increments until drizzling consistency.

2. OPEN SESAME Place the sesame seeds in a pan over medium heat. Toast until lightly browned, 2-4 minutes (shifting occasionally). Remove from the pan and set aside.

3. BRILLIANT BEEF 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, 5-6 minutes (shifting occasionally). In the final minute, add the hoisin sauce. Put aside the pan, covering it to keep the food warm.

4. NACHOS, IS THAT YOU? Place another pan over high heat with enough oil to cover the base. When hot, add the wonton triangles and fry until crispy and golden, 30-60 seconds per side. You may need to do this step in batches. Drain on paper towel and season.

5. YOU GOT ME WONTON MORE! Make a bed of wonton nachos. Top with the cabbage salad and the hoisin mince. Drizzle over the loosened mayo. Sprinkle over the pickled ginger, the spring onion greens, the chilli (to taste), and the sesame seeds. Get munching, Chef!