

# UCCOOK

## Plant-based Nuggets & Sriracha Mayo

with pickled veg & fluffy rice

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Veggie:** Serves 1 & 2

**Chef:** Hellen Mwanza

**Wine Pairing:** Sophie Germanier Organic | Sophie Germanier Chardonnay Organic

### Nutritional Info

	Per 100g	Per Portion
Energy	622kJ	4265kJ
Energy	149kcal	1020kcal
Protein	4.5g	30.6g
Carbs	20g	136g
of which sugars	4.3g	29.2g
Fibre	1.3g	8.9g
Fat	5.5g	38g
of which saturated	0.3g	2.2g
Sodium	155mg	1065mg

**Allergens:** Gluten, Allium, Sesame, Wheat, Sulphites, Soy

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	White Basmati Rice <i>rinse</i>
1	1	Onion <i>peel &amp; finely slice ¼ [½]</i>
120g	120g	Carrot <i>rinse, peel &amp; cut into matchsticks</i>
50g	100g	Cucumber <i>rinse &amp; cut into matchsticks</i>
60ml	120ml	Pickling Liquid <i>(50ml [100ml] White Wine Vinegar &amp; 10ml [20ml] Maple-flavoured Syrup)</i>
60ml	120ml	Spicy Mayo <i>(50ml [100ml] Mayo &amp; 10ml [20ml] Sriracha Sauce)</i>
5ml	10ml	White Sesame Seeds
5	10	Green Fields Chicken-style Nuggets
3g	5g	Fresh Parsley <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

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

1. **ON YOUR MARKS. GET SET. COOK!** Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. **PICKLED VEG & SPICY MAYO** To a bowl, add the onion, the carrot, the cucumber, the pickling liquid, and set aside in the fridge. To a separate bowl, add the spicy mayo and loosen with 5ml increments of water until drizzling consistency.

3. **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.

4. **GOLDEN NUGGETS** Return the pan to medium heat with enough oil to cover the base. Fry the nuggets until golden and crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel. Alternatively, air fry at 200°C until crispy, 5-8 minutes (shifting halfway).

5. **BOWL 'EM OVER** Plate up the rice, side with nuggets, the pickled veggies (buddha bowl style), drizzle over the spicy mayo, and sprinkle over the sesame seeds. Garnish with the parsley.