


# COOK

## Plant-based Nuggets & Sriracha Mayo

**with pickled veg & fluffy rice**

**Hands-on Time:** 15 minutes

**Overall Time:** 30 minutes

**Veggie:** Serves 1 & 2

**Chef:** Hellen Mwanza

**Wine Pairing:** Waterford Estate | Waterford Old Vine Chenin Blanc

| Nutritional Info | Per 100g | Per Portion |
|---|---|---|
| Energy | 705kJ | 4041kJ |
| Energy | 169kcal | 966kcal |
| Protein | 5.2g | 29.8g |
| Carbs | 22g | 126g |
| of which sugars | 4.3g | 24.7g |
| Fibre | 1.3g | 7.3g |
| Fat | 6.6g | 37.9g |
| of which saturated | 0.4g | 2.3g |
| Sodium | 219mg | 1258mg |

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

**Spice Level:** Mild

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|---|---|---|
| 100ml | 200ml | White Basmati Rice<br>*rinse* |
| 120g | 120g | Carrot<br>*rinse, peel & cut into matchsticks* |
| 50g | 100g | Cucumber<br>*rinse & cut into matchsticks* |
| 60ml | 120ml | Pickling Liquid<br>*(10ml [20ml] Maple-flavoured Syrup & 50ml [100ml] White Wine Vinegar)* |
| 60ml | 120ml | Spicy Mayo<br>*(50ml [100ml] Mayo & 10ml [20ml] Sriracha Sauce)* |
| 5ml | 10ml | White Sesame Seeds |
| 5 units | 10 units | Green Fields Vegan Chicken-style Nuggets |
| 20g | 40g | Pickled Onions<br>*drain & finely slice* |
| 1 | 1 | Spring Onion<br>*rinse, trim & finely slice* |

## From Your Kitchen

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

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 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. When hot, 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 onions and the pickled veggies (buddha bowl style). Drizzle over the spicy mayo, and sprinkle over the toasted sesame seeds. Garnish with the spring onion.

**Chef's Tip**