



# UCOOK

## Caramelised Spicy Beef & Rice

with a cucumber salad

Your kitchen will be the centre of attention tonight as aromas of mouthwatering ginger, tomato paste, worcestershire sauce, & chilli mince fill the air while being caramelised with silky, sweet onion. Served with a satisfying serving of brown basmati rice and a zesty cucumber & greens salad.

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**Hands-on Time:** 20 minutes

**Overall Time:** 30 minutes

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**Serves:** 1 Person

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**Chef:** Jordyn Henning

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Simple & Save

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Stettyn Wines | Stettyn Family Range Merlot 2022

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## Ingredients & Prep

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75ml	Brown Basmati Rice <i>rinse</i>
150g	Beef Mince
1	Onion <i>peel &amp; roughly slice</i>
25ml	Tomato Paste Mix <i>(15ml Tomato Paste &amp; 10ml Worcestershire Sauce)</i>
10g	Fresh Ginger <i>peel &amp; grate</i>
1	Fresh Chilli <i>rinse, trim, deseed &amp; roughly slice</i>
100g	Cucumber <i>rinse &amp; cut in half lengthways</i>
15ml	Lime Juice
20g	Salad Leaves <i>rinse &amp; roughly shred</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. RICE** Place the rinsed rice in a pot with 300ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 25-30 minutes. Drain (if necessary) and cover.

**2. MINCE** Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally).

**3. FLAVOURFUL MINCE** Add the sliced onion to the pan and fry until soft, 3-4 minutes. Add the tomato paste mix, the grated ginger, and the sliced chilli (to taste). Fry until fragrant, 1-2 minutes. Mix in 100ml of water and simmer until slightly thickening, 4-5 minutes. Remove from the heat and season.

**4. SALAD** Using a spoon or a knife, gently scoop out the seeds from the cucumber and cut into half moons. In a bowl, combine the lime juice with a drizzle of olive oil, a sweetener (to taste), and seasoning. Add the sliced cucumber, the shredded leaves, and toss to combine.

**5. DINNER IS READY** Make a bed of the fluffy rice, top with the flavourful mince, and side with the fresh salad. Garnish with any remaining sliced chilli. Well done, Chef!

## Nutritional Information

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Per 100g

Energy	565kj
Energy	135kcal
Protein	6.7g
Carbs	15g
of which sugars	2.3g
Fibre	1.8g
Fat	5.7g
of which saturated	2g
Sodium	63mg

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## Allergens

Allium, Sulphites

Eat  
Within  
3 Days