



UCOOK

Savoury Spicy Asian Beef & Rice

with fluffy rice & black sesame seeds

Black sesame seeds are sprinkled over the most umami-fied pan-fried steak you've ever tasted, Chef! The secret is UCOOK's special Korean basting sauce, which is a mouthwatering must-try when combined with gojuchang & fresh ginger. Served with steaming jasmine rice and earthy green beans.

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Kate Gomba

Quick & Easy

Paul Cluver | Village Pinot Noir

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Ingredients & Prep

300ml	Jasmine Rice <i>rinse</i>
240g	Green Beans <i>rinse</i>
30g	Fresh Ginger <i>peel & grate</i>
45ml	Gochujang
75ml	Korean Sauce <i>(30ml Low Sodium Soy Sauce, 15ml Sesame Oil & 30ml Rice Wine Vinegar)</i>
480g	Beef Rump
15ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Paper Towel
Sugar/Sweetener/Honey

1. RICE Place the rinsed rice in a pot with 600ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. GREEN BEANS Place a pan over medium-high heat with a drizzle of oil. When hot, fry the green beans until starting to char, 4-5 minutes (shifting occasionally). Remove from the pan, season, and cover.

3. STEAK In a small bowl, combine the grated ginger, 15ml of sweetener, the gochujang (to taste), and the Korean sauce. Return the pan to medium-high heat with a drizzle of oil. Pat the steak dry with paper towel. When hot, sear the steak fat-side down until crispy, 3-5 minutes. Flip the steak and sear until browned, 2-4 minutes per side (for medium-rare). In the final minute, remove the pan from the heat and baste the steak with the Korean sauce mixture. Remove from the pan with all the pan juices. Rest before slicing and seasoning.

4. DINNER IS READY Bowl up the rice, top with the steak slices, and side with the charred green beans. Drizzle over the reserved pan juices and sprinkle over the sesame seeds. Well done, Chef!

Nutritional Information

Per 100g

Energy	853kJ
Energy	204kcal
Protein	11.6g
Carbs	22g
of which sugars	2.1g
Fibre	1.6g
Fat	4.7g
of which saturated	1.2g
Sodium	213.4mg

Allergens

Gluten, Sesame, Wheat, Sulphites,
Sugar Alcohol (Xylitol), Soy

Eat
Within
5 Days