



UCCOOK

Crispy Rice Satay Salad

with patty pans & baby marrow

This dish surprises in the best way possible, Chef! Crispy, pan-fried rice serves as a garnish for a tossed salad, featuring steamed jasmine rice, patty pans, baby marrows, plump edamame beans, & cooling cucumber. Coated in a very satisfying satay sauce and finished with toasted black sesame seeds & spring onion.

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Serves: 3 People

Chef: Jemimah Smith

Veggie

Doos Wine | Doos Pink 3L

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Ingredients & Prep

300ml	Jasmine Rice <i>rinse</i>
15ml	Black Sesame Seeds
240g	Patty Pans <i>rinse, trim & cut into quarters</i>
300g	Baby Marrow <i>rinse, trim & cut into bite-sized pieces</i>
300g	Edamame Beans
2	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
150ml	Satay Base <i>(90ml Peanut Butter, 30ml Low Sodium Soy Sauce & 30ml Lemon Juice)</i>
30ml	Banhoek Chilli Oil
150g	Cucumber <i>rinse & finely dice</i>
8g	Fresh Coriander <i>rinse, pick & roughly chop</i>
30ml	Crispy Onion Bits

From Your Kitchen

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

1. NICE 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. SESAME SEEDS Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. PAN-FRIED VEGGIES Return the pan to medium heat with a drizzle of oil. When hot, fry the patty pans and the baby marrow pieces until charred, 4-5 minutes. In the final 2-3 minutes, mix in the edamame beans and spring onion whites until heated through and charred. Remove from the pan and season.

4. CRISPY RICE Return the pan to medium heat with a drizzle of oil. When hot, fry ½ of the cooked rice until crispy, 5-6 minutes (shifting occasionally). Remove from the heat and season.

5. SLAY WITH SATAY In a bowl, combine the satay base with the chilli oil (to taste) and mix in warm water in 5ml increments until drizzling consistency. To the remaining boiled rice, add the cooked patty pans, baby marrow and edamame beans, the diced cucumber, ½ the satay dressing, ½ the chopped coriander and seasoning.

6. SENSATIONAL SALAD Plate up the tossed rice salad and drizzle with the remaining satay dressing. Finish with a garnish of the crispy onion bits, the crispy toasted rice, the remaining chopped coriander, the spring onion greens and the toasted sesame seeds.

Nutritional Information

Per 100g

Energy	646kJ
Energy	155kcal
Protein	5.5g
Carbs	19g
of which sugars	2g
Fibre	2.5g
Fat	6.1g
of which saturated	0.8g
Sodium	136mg

Allergens

Gluten, Allium, Sesame, Peanuts, Wheat, Soy

Eat
Within
4 Days