



# UCOOK

## Crunchy Greens & Miso Dressing

with jasmine rice, guacamole & pickled ginger

Jasmine rice is loaded with sliced cabbage and topped with crunchy green beans and pops of edamame beans. Dressed up with creamy avo slices and a super tasty miso dressing. Garnished with slivers of pickled ginger, sesame seeds, and fresh coriander. Sounds incredible, right?

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**Hands-on Time:** 35 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Rhea Hsu

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Veggie

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Creation Wines | Creation Sauvignon  
Blanc/Semillon

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## Ingredients & Prep

225ml	Jasmine Rice <i>rinse</i>
240g	Green Beans
30g	Pickled Ginger
8g	Fresh Coriander
30g	Fresh Ginger
15ml	Miso Paste
75ml	Asian Dressing <i>(30ml Rice Wine Vinegar, 15ml Honey &amp; 30ml Sesame Oil)</i>
90ml	Coconut Yoghurt
120g	Edamame Beans
2	Avocados
200g	Cabbage <i>rinse &amp; thinly slice ¾</i>
15ml	Mixed Sesame Seeds

## From Your Kitchen

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

**1. NOT YOUR AVERAGE RICE** Place the rinsed rice in a pot with 450ml of salted water. Cover 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. PREPARATION STATION** Rinse, trim, and halve the green beans. Drain and roughly slice the pickled ginger. Rinse and pick the coriander. Finely chop ½ the pickled coriander. Peel and grate the ginger.

**3. ASIAN DRESSING** In a small bowl, loosen the miso paste with the Asian dressing. Add the coconut yoghurt, the grated ginger (to taste), ½ the chopped coriander, and seasoning. Loosen with a splash of water, if necessary. Set aside.

**4. GREEN IS GOOD** Place a pan over medium-high heat with a splash of water. When starting to bubble, simmer the halved green beans until al dente, 5-6 minutes. In the final 1-2 minutes, add the edamame beans. Season.

**5. ALMOST THERE** Halve the avocados and set aside one of the halves for another meal. Peel the skin off, keeping the flesh intact. Slice the avocados, season, and set aside. In a bowl, combine the cooked rice, the sliced cabbage, and ½ the dressing.

**6. GET BOWLED OVER!** Bowl up the loaded rice. Top with the green beans & edamame and the avo slices. Drizzle over the remaining dressing and sprinkle over the sesame seeds. Garnish with the sliced pickled ginger and the remaining coriander. Wow, Chef!



## Chef's Tip

Place the sesame seeds in a pan over medium heat. Toast until the white ones are lightly browned, 2-4 minutes (shifting occasionally).

## Nutritional Information

Per 100g

Energy	693kj
Energy	166kcal
Protein	3.2g
Carbs	21g
of which sugars	3.2g
Fibre	3.9g
Fat	8g
of which saturated	1.4g
Sodium	113mg

## Allergens

Gluten, Sesame, Wheat, Sulphites, Soy

Eat  
Within  
4 Days