



UCCOOK

Sun-Dried Tomato Beef Rice Bowl

with green leaves & sun-dried tomatoes

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Simple & Save: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Deetlefs Wine Estate | Deetlefs Stonecross Malbec

Nutritional Info

	Per 100g	Per Portion
Energy	851kj	3241kj
Energy	204kcal	775kcal
Protein	10.3g	39.4g
Carbs	20g	76g
of which sugars	1.8g	6.8g
Fibre	2.1g	8.1g
Fat	9.2g	34.9g
of which saturated	3.2g	12.2g
Sodium	577mg	2196mg

Allergens: Sulphites, Cow's Milk, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Jasmine Rice <i>rinse</i>
450g	600g	Beef Mince
180g	240g	Chickpeas <i>drain & rinse</i>
30ml	40ml	Spice Mix <i>(15ml [20ml] Oregano & 15ml [20ml] Greek Seasoning)</i>
125ml	160ml	Low Fat Plain Yoghurt
8g	10g	Fresh Dill <i>rinse, pick & finely chop</i>
60g	80g	Sun-dried Tomatoes
60g	80g	Green Leaves <i>rinse & finely shred</i>

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

1. **RICE** Place the rice in a pot with 450ml [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 steam, 8-10 minutes. Fluff with a fork 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, 5-6 minutes (shifting occasionally).

3. **CHICKPEAS** Add the chickpeas to the mince and fry until golden and crispy, 8-10 minutes (shifting occasionally). If they start to pop out, use a lid to rein them in. In the final 1-2 minutes, add the spice mix. Remove from the pan and place in a bowl.

4. **ALL TOGETHER** Combine the yoghurt and the dill. In a bowl with the chickpeas and mince, add the rice, sun-dried tomatoes, and the green leaves. Toss to combine.

5. **TIME TO EAT** Bowl up the warm salad, top with dollops of the dill yoghurt, and enjoy, Chef!