



# UCOOK

## Asian Beef Meatballs & Coriander Rice

with UCOOK's Asian sauce & spring onion

**Hands-on Time:** 20 minutes

**Overall Time:** 20 minutes

**Quick & Easy:** Serves 1 & 2

**Chef:** Samantha du Toit

**Wine Pairing:** Groote Post Winery | Groote Post Shiraz

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 942kj    | 4705kj      |
| Energy             | 225kcal  | 1125kcal    |
| Protein            | 9.2g     | 46g         |
| Carbs              | 17g      | 87g         |
| of which sugars    | 1.8g     | 9.2g        |
| Fibre              | 0.8g     | 4.1g        |
| Fat                | 12.9g    | 64.3g       |
| of which saturated | 5.5g     | 27.4g       |
| Sodium             | 222mg    | 1110mg      |

**Allergens:** Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Fish, Soy, Shellfish

**Spice Level:** None

Eat Within 3 Days

## Ingredients & Prep Actions:

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| Serves 1 | [Serves 2] |  |
|----------|------------|--|
| 100ml    | 200ml      | Jasmine Rice<br><i>rinse</i>                       |
| 100ml    | 200ml      | Coconut Milk                                       |
| 3g       | 5g         | Fresh Coriander<br><i>rinse &amp; roughly chop</i> |
| 4        | 8          | Beef Meatballs                                     |
| 1 unit   | 2 units    | UCOOK Asian Sauce                                  |
| 10g      | 20g        | Peanuts<br><i>roughly chop</i>                     |
| 1        | 1          | Spring Onion<br><i>rinse &amp; roughly slice</i>   |
| 5ml      | 10ml       | White Sesame Seeds                                 |
| 50g      | 100g       | Cucumber<br><i>rinse &amp; roughly dice</i>        |

## From Your Kitchen

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

**1. COCONUT & CORIANDER RICE** Place the rice in a pot with the coconut milk and 50ml [100ml] 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, stir through the coriander, and steam, 8-10 minutes. Fluff with a fork and cover.

**2. MAKE THE MEATBALLS** Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. Remove from the pan. Add the Asian sauce and 50ml [100ml] of water. Mix until combined and simmer until heated through, 1-2 minutes.

**3. YES, THAT'S IT!** Plate up the coconut coriander rice. Top with the meatballs and pour over the sauce. Scatter over the peanuts, the spring onion, the sesame seeds, and the cucumber. Enjoy, Chef!

**Chef's Tip** Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.