



# UCCOOK

## Fusion Biltong Feast

with fluffy rice & edamame beans

**Hands-on Time:** 10 minutes

**Overall Time:** 20 minutes

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

**Chef:** Kate Gomba

**Wine Pairing:** Creation Wines | Creation Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	864kJ	5574kJ
Energy	207kcal	1333kcal
Protein	7.4g	47.9g
Carbs	15g	100g
of which sugars	1.6g	10.4g
Fibre	3.7g	23.7g
Fat	7.5g	48.2g
of which saturated	1.1g	7g
Sodium	234mg	1511mg

**Allergens:** Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Soy

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
75ml	150ml	Jasmine Rice <i>rinse</i>
50g	100g	Corn
50g	100g	Edamame Beans
1	1	Avocado
60ml	120ml	Spicy Mayo <i>(50ml [100ml] Kewpie Mayo &amp; 10ml [20ml] Sriracha Sauce)</i>
10ml	20ml	Low Sodium Soy Sauce
100g	200g	Cabbage <i>rinse &amp; thinly slice ¼ [½]</i>
20g	40g	Radish <i>rinse &amp; slice into thin rounds</i>
50g	100g	Beef Biltong <i>roughly chop</i>
3g	5g	Fresh Coriander <i>rinse &amp; roughly chop</i>
1	1	Fresh Chillli <i>rinse, trim, deseed &amp; roughly chop</i>
10ml	20ml	White Sesame Seeds

## From Your Kitchen

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

1. **HAVE A RICE DAY** Place the rice in a pot with 150ml [300ml] 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. **GREEN & GOLD** Boil the kettle. Place the corn and edamame beans in salted boiling water for 3-5 minutes until plumped up. Drain and set aside.

3. **CREAMY, SALTY & SPICY** Halve the avocado, remove the pip, and peel the skin off, keeping the flesh intact. Thinly slice half the [the whole] avocado. In a small bowl, combine the spicy mayo and the soy sauce (to taste). Add water in 5ml increments until drizzling consistency.

4. **OKE POKE!** Bowl up the rice. Arrange the edamame beans, the cabbage, the radish, the avo, and the biltong in a circle on top of the rice. Drizzle over the spicy dressing (to taste). Sprinkle over the sesame seeds, the coriander, and the chilli (to taste). Simply delicious, Chef!