



UCCOOK

Crunchy Greens & Miso Dressing

with jasmine rice, guacamole & pickled ginger

Hands-on Time: 40 minutes

Overall Time: 60 minutes

Veggie: Serves 3 & 4

Chef: Rhea Hsu

Wine Pairing: Paul Cluver | Village Chardonnay

Nutritional Info	Per 100g	Per Portion
Energy	555kJ	1934kJ
Energy	133kcal	462kcal
Protein	2.8g	9.7g
Carbs	21g	72g
of which sugars	3g	10.6g
Fibre	2.1g	7.3g
Fat	4.2g	14.5g
of which saturated	0.6g	2.1g
Sodium	167mg	580mg

Allergens: Gluten, Sesame, Wheat, Sulphites, Tree Nuts, Soy

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Jasmine Rice <i>rinse</i>
300g	400g	Pak Choi <i>trim at the base, separate leaves & rinse thoroughly</i>
75ml	100ml	Asian Dressing <i>(30ml [40ml] Rice Wine Vinegar, 15ml [20ml] Honey & 30ml [40ml] Sesame Oil)</i>
15ml	20ml	Miso Paste
125ml	160ml	ButtaNutt Macadamia Nut Yoghurt
30g	40g	Fresh Ginger <i>peel & grate</i>
15ml	20ml	Mixed Sesame Seeds
240g	320g	Green Beans <i>rinse & cut in half</i>
150g	200g	Edamame Beans
2 units	2 units	Guacamole
45g	60g	Pickled Ginger <i>drain & roughly chop</i>

From Your Kitchen

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

1. NOT YOUR AVERAGE RICE Place the rice in a pot with 450ml [600ml] 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, stir through the pak choi leaves, and ½ the dressing. Set aside.

2. ASIAN DRESSING In a small bowl, loosen the miso paste with the remaining Asian dressing. Add the macadamia yoghurt, the ginger (to taste), and seasoning. Loosen with a splash of water (if necessary). Set aside.

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

4. GREEN IS GOOD Return the pan to medium-high heat with a drizzle of oil. When hot, fry the green beans and the pak choi stems until starting to char, 5-6 [6-7] minutes (shifting occasionally). In the final 1-2 minutes, add the edamame beans. Remove from the pan, season, and cover.

5. GET BOWLED OVER! Bowl up the loaded rice. Top with the green beans and edamame beans. Dollop over the guacamole. Drizzle over the remaining dressing and sprinkle over the sesame seeds. Garnish with the pickled ginger. Wow, Chef!