

# UCCOOK

## Plant-based Tenders & Fried Rice

with peas & piquanté peppers

**Hands-on Time:** 25 minutes

**Overall Time:** 35 minutes

**Veggie:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Waterkloof | Revenant Wild Ferment  
Chenin Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	360kJ	3193kJ
Energy	86kcal	764kcal
Protein	5.2g	45.7g
Carbs	15g	133g
of which sugars	2.9g	25.3g
Fibre	2.1g	18.9g
Fat	0.3g	2.8g
of which saturated	0g	0.2g
Sodium	93mg	824mg

**Allergens:** Allium, Sulphites, Soy

**Spice Level:** None

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	Jasmine Rice <i>rinse</i>
200g	400g	Green Fields Chicken-style Strips
1	1	Onion <i>peel &amp; roughly dice</i>
1	1	Bell Pepper <i>rinse, deseed &amp; dice ½ [1]</i>
1	1	Garlic Clove <i>peel &amp; grate</i>
10ml	20ml	NOMU Spanish Rub
120g	120g	Carrot <i>peel, trim &amp; grate</i>
40g	80g	Peas
20g	40g	Piquanté Peppers <i>drain</i>

## From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (salt & pepper)

Water

**1. READY THE RICE** Place the rice in a pot with 200ml [400ml] 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 set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. ADD FLAVOUR & FRY** Place a pan over medium heat with a drizzle of oil. When hot, fry the Green Fields strips until golden, 4-5 minutes (shifting occasionally). Remove from the pan and set aside. Return the pan to medium heat with some more oil (if necessary). Fry the onion and pepper until soft and golden, 4-5 minutes. Add the garlic and the NOMU rub and fry until fragrant, 1-2 minutes (shifting occasionally). Add the rice, the carrot and the peas and fry for 2-3 minutes, mixing it as it browns. Remove from the heat and season.

**3. SET THE TABLE** Serve up the fried rice, topped with the Green Fields strips and the piquanté peppers.