



UCCOOK

Asian Beef Mince Roll-ups

with UCCOOK's Asian sauce

Hands-on Time: 15 minutes

Overall Time: 20 minutes

Quick & Easy: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info

	Per 100g	Per Portion
Energy	622kJ	4313kJ
Energy	149kcal	1032kcal
Protein	6.6g	45.9g
Carbs	15g	106g
of which sugars	4g	27.7g
Fibre	1.8g	12.4g
Fat	7g	48.8g
of which saturated	2g	14.2g
Sodium	279mg	1936mg

Allergens: Shellfish, Fish, Gluten, Sesame, Wheat, Cow's Milk, Soya, Allium

Spice Level: None

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1 [Serves 2]

2	4	Rotis
150g	300g	Beef Mince
1 unit	1 unit	UCOOK Asian Sauce
40g	80g	Edamame Beans
3g	5g	Fresh Coriander
10g	20g	Salad Leaves
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into strips</i>
50g	100g	Cucumber <i>rinse & cut into rounds</i>
5ml	10ml	White Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)

Salt & Pepper

Water

1. READY THE ROTIS Place a pan over medium heat. When hot, toast each roti until warmed through, 30-60 seconds per side. Alternatively, spread them out on a plate in a single layer and heat up in the microwave, 30-60 seconds.

2. MAKE THE MINCE Return the pan to medium-high heat with a drizzle of oil. Fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally). In the final minute, mix through ½ [all] the Asian sauce (to taste) and the edamame beans.

3. QUICK PREP Rinse, pick, and roughly chop the coriander and salad leaves.

4. ON A ROLL, CHEF! Fill the rotis with the mince, the pepper, and the cucumber. Scatter over the herbs, the leaves and the sesame seeds. Roll up and dig in, 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.