



UCCOOK

Teriyaki-style Beef & Rice

with carrot & cucumber

Give your oven a well-deserved break with this simple stove top-only recipe that's conservative with time but bold with flavours. A bed of steamed basmati rice forms the base for teriyaki-coated beef mince, silky onion & crunchy carrot. A side of cucumber matchsticks adds some balance & freshness.

Hands-on Time: 15 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Kate Gomba

Simple & Save

Deetlefs Wine Estate | Deetlefs Stonecross
Cabernet Sauvignon

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Ingredients & Prep

75ml	White Basmati Rice <i>rinse</i>
150g	Beef Mince
5ml	NOMU Oriental Rub
1	Onion <i>peel & finely slice ½</i>
120g	Carrot <i>rinse, trim & peel into ribbons</i>
25ml	Teriyaki Sauce <i>(15ml Thai Sweet Chilli Sauce & 10ml Low Sodium Soy Sauce)</i>
100g	Cucumber <i>rinse & cut into thin matchsticks</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. BEGIN WITH BASMATI Place the rinsed rice in a pot with 150ml of salted water. Cover with a lid 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 and cover.

2. MMMINCE Place a pan over medium-high heat with a drizzle of oil. When hot, add the mince and the NOMU rub. Work quickly to break it up as it starts to cook. Fry until browned, 3-4 minutes (shifting occasionally).

3. ADD SOME VEGGIES Add the sliced onion and fry until browned, 4-5 minutes (shifting occasionally). Add the carrot ribbons, and fry until softening, 2-3 minutes (shifting occasionally). In the final minute, add the teriyaki sauce.

4. TASTY TERIYAKI Make a bed of the fluffy rice, top with the saucy mince, and side with the cucumber matchsticks.

Nutritional Information

Per 100g

Energy	529kj
Energy	127kcal
Protein	5.8g
Carbs	25g
of which sugars	3.4g
Fibre	1.3g
Fat	4.8g
of which saturated	1.8g
Sodium	134mg

Allergens

Gluten, Allium, Sesame, Wheat, Soy

Eat
Within
3 Days