



UCCOOK

Plant-based Nuggets & Sriracha Mayo

with pickled veg & fluffy rice

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Veggie: Serves 3 & 4

Chef: Hellen Mwanza

Wine Pairing: Sophie Germanier Organic | Sophie Germanier Chardonnay Organic

Nutritional Info

	Per 100g	Per Portion
Energy	622kJ	4265kJ
Energy	149kcal	1020kcal
Protein	4.5g	30.6g
Carbs	20g	136g
of which sugars	4.3g	29.2g
Fibre	1.3g	8.9g
Fat	5.5g	38g
of which saturated	0.3g	2.2g
Sodium	155mg	1065mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	White Basmati Rice <i>rinse</i>
1	1	Onion <i>peel & finely slice ¾ [1]</i>
240g	240g	Carrot <i>rinse, peel & cut into matchsticks</i>
150g	200g	Cucumber <i>rinse & cut into matchsticks</i>
180ml	240ml	Pickling Liquid <i>(150ml [200ml] White Wine Vinegar & 30ml [40ml] Maple-flavoured Syrup)</i>
180ml	240ml	Spicy Mayo <i>(150ml [200ml] Mayo & 30ml [40ml] Sriracha Sauce)</i>
15ml	20ml	White Sesame Seeds
15	20	Green Fields Chicken-style Nuggets
8g	10g	Fresh Parsley <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. ON YOUR MARKS. GET SET. COOK! Place the rice in a pot with 600ml [800ml] 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. PICKLED VEG & SPICY MAYO To a bowl, add the onion, the carrot, the cucumber, the pickling liquid, and set aside in the fridge. To a separate bowl, add the spicy mayo and loosen with 5ml increments of water until drizzling consistency.

3. OPEN SESAME 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.

4. GOLDEN NUGGETS Return the pan to medium heat with enough oil to cover the base. Fry the nuggets until golden and crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel. Alternatively, air fry at 200°C until crispy, 5-8 minutes (shifting halfway).

5. BOWL 'EM OVER Plate up the rice, side with nuggets, the pickled veggies (buddha bowl style), drizzle over the spicy mayo, and sprinkle over the sesame seeds. Garnish with the parsley.