



UCCOOK

Fusion Biltong Poke Bowl

with fluffy rice & edamame beans

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Bertha Wines | Bertha Shiraz

Nutritional Info	Per 100g	Per Portion
Energy	981kj	5110kj
Energy	235kcal	1222kcal
Protein	8.7g	45.4g
Carbs	19g	99g
of which sugars	1.5g	8g
Fibre	3.3g	17.2g
Fat	12.8g	66.8g
of which saturated	0.4g	2.2g
Sodium	469mg	2441mg

Allergens: Sulphites, Egg, Gluten, Sesame, Wheat, Soya, Allium

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150g	200g	Beef Biltong
300ml	400ml	Jasmine Rice
300g	400g	Cabbage
150g	200g	Edamame Beans
225ml	300ml	Spicy Mayo <i>(150ml [200ml] Kewpie Mayo, 45ml [60ml] Sriracha Sauce & 30ml [40ml] Low Sodium Soy Sauce)</i>
30ml	40ml	Chilli & Seed Mix <i>(22.5ml [30ml] White Sesame Seeds & 7.5ml [10ml] Dried Chilli Flakes)</i>
2	2	Guacamole

From Your Kitchen

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

1. PREPARATION STATION Boil the kettle. Roughly chop the biltong, and rinse the rice. Rinse and roughly slice the cabbage.

2. READY THE RICE 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, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

3. ALMOST THERE Place the edamame beans in a bowl, and submerge in salted boiling water until plumped up, 3-4 minutes. Drain and set aside. In a small bowl, loosen the spicy mayo with water in 5ml increments until a drizzling consistency.

4. AND YOU'RE DONE! Time to assemble, poke bowl style! Bowl up the rice, then arrange the edamame beans, cabbage, and a dollop of the guacamole in a circle on top. Top with the biltong. Drizzle over the spicy mayo (to taste) and then sprinkle over the chilli & seed mix. Simply delicious, Chef!