



UCOOK

Asian Beef Meatballs & Coriander Rice

with UCOOK's Asian sauce & spring onion

This saucy number will be the talk of the dinner table tonight, Chef! On a bed of coconut milk-infused basmati rice, elevated with fresh coriander, rest browned beef meatballs. Poured over is an umami-rich UCOOK Asian sauce with sprinklings of crunchy peanuts and toasted sesame seeds.

Hands-on Time: 25 minutes

Overall Time: 25 minutes

Serves: 3 People

Chef: Samantha du Toit

Quick & Easy

Nitida | Merlot

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Ingredients & Prep

300ml	Jasmine Rice <i>rinse</i>
300ml	Coconut Milk
8g	Fresh Coriander <i>rinse & roughly chop</i>
12	Beef Meatballs
3 units	UCOOK Asian Sauce
30g	Peanuts <i>roughly chop</i>
2	Spring Onions <i>rinse & roughly slice</i>
15ml	White Sesame Seeds
150g	Cucumber <i>rinse & roughly dice</i>

From Your Kitchen

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

1. COCONUT & CORIANDER RICE Place the rice in a pot with the coconut milk and 150ml [200ml] 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, stir through the coriander, and steam, 8-10 minutes. Fluff with a fork and cover.

2. MAKE THE MEATBALLS Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. Remove from the pan. Add the Asian sauce and 150ml [200ml] of water. Mix until combined and simmer until heated through, 1-2 minutes.

3. YES, THAT'S IT! Plate up the coconut coriander rice. Top with the meatballs and pour over the sauce. Scatter over the peanuts, the spring onion, the sesame seeds, and the cucumber. Enjoy, 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.

Nutritional Information

Per 100g

Energy	942kJ
Energy	225kcal
Protein	9.2g
Carbs	17g
of which sugars	1.8g
Fibre	0.8g
Fat	12.9g
of which saturated	5.5g
Sodium	222mg

Allergens

Gluten, Allium, Sesame, Peanuts, Wheat, Sulphites, Fish, Soy, Shellfish

Eat
Within
3 Days