

UCOOK

Plant-based Nuggets & Sriracha Mayo

with pickled veg & fluffy rice

Steamed basmati rice is the first section of this buddha-bowl style vegetarian feast. Next comes the pickled onion, carrot & cucumber. Now for the crispy pan fried nuggets. A drizzle of spicy mayo, a finish of toasted sesame seeds, and a garnish of fresh parsley. Freshness and flavour galore, Chef!

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 3 People

Chef: Hellen Mwanza

Veggie

Painted Wolf Wines | The Den Chenin Blanc

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Ingredients & Prep

300ml	White Basmati Rice <i>rinse</i>
240g	Carrot <i>rinse , peel & cut into matchsticks</i>
1	Onion <i>peel & finely slice ¾ [1]]#7DA0D7</i>
150g	Cucumber <i>rinse & cut into matchsticks</i>
180ml	Pickling Liquid <i>(150ml [200ml]]#7DA0D7 White Wine Vinegar & 30ml [40ml]]#7DA0D7 Maple-flavoured Syrup)</i>
180ml	Spicy Mayo <i>(150ml [200ml]]#7DA0D7 Mayo & 30ml [40ml]]#7DA0D7 Sriracha Sauce)</i>
15ml	White Sesame Seeds
15	Plant-based Chicken-style Nuggets
8g	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]]#7DA0D7 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 matchsticks, 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. When hot, 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 toasted sesame seeds. Garnish with the parsley.

Nutritional Information

Per 100g

Energy	622kj
Energy	149kcal
Protein	4.5g
Carbs	20g
of which sugars	4.3g
Fibre	1.3g
Fat	5.5g
of which saturated	0.3g
Sodium	155mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Eat
Within
4 Days