

Rice Bowl with Marinated Nopalito Salad



Serves 2

Preparation time: 20 min

Recipe developed by Yo-Chai Huang

Checked and edited by Dr Alba du Toit

INGREDIENTS:

Sesame oil salad

- 1 nopalito
- 15 ml castor sugar
- 4 ml salt
- 80 ml white wine vinegar
- 5 ml sesame oil
- 1 red jalapeño chilli, chopped finely
- 1 garlic clove, chopped finely

Pickled carrots

- 3 carrots, finely grated
- 1 ml salt
- 60 ml sugar
- 100 ml white wine vinegar

Rice bowl

- 500 ml brown rice, cooked
- 500 g white fish, cooked and sliced
- 1 cucumber, finely sliced
- ½ red onion, finely sliced
- micro herbs

METHOD:

- Clean, remove the glochids and cut the nopalitos into 2 cm x 0.5 cm strips.
- Mix the sugar with the nopalito strips and allow to stand for 15 minutes.
- Mix the salt, white vinegar, sesame oil, chilli and garlic into the nopalitos sugar mixture. Refrigerate for 30 minutes to marinate. Drain well and reserve the drained liquid.
- Combine the vinegar, sugar and salt and stir until dissolved. Add the carrots and allow to stand for 30 minutes. Drain well.
- To assemble the bowls, place 200 ml rice in each bowl, top with sliced fish, marinated nopalito salad, pickled carrots and slices of cucumber and onion.
- Drizzle with the reserved liquid and garnish with the micro herbs.

T: +27 51 401 7656 | E: DuToitA1@ufs.ac.za | www.ufs.ac.za

Inspiring excellence. Transforming lives.

UNIVERSITY OF THE
FREE STATE
UNIVERSITEIT VAN DIE
VRYSTAAT
YUNIVESITHI YA
FREISTATA



UFS
NATURAL AND
AGRICULTURAL SCIENCES