



UCOOK

Teriyaki Mushroom Bowl

with pickled radish & a lime Vegan That Mayo

As a one-bowl meal, this recipe is fuss-free yet packed full of flavour. On a bed of brown basmati rice lies tangy and sweet mushrooms, complemented with pickled carrot ribbons and half-moon cucumber wedges, then crowned with refreshing coriander and zesty lime. Dig in, Chef!

Hands-on Time: 30 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Rhea Hsu

 Veggie

 Leopard's Leap | Culinaria Pinot Noir

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Ingredients & Prep

225ml	Brown Basmati Rice <i>rinsed</i>
2	Limes <i>1½ zested & cut into wedges</i>
60g	Radish <i>rinsed & sliced into rounds</i>
150g	Cucumber <i>cut into half-moons</i>
360g	Carrot <i>rinsed, trimmed & peeled into ribbons</i>
12g	Fresh Coriander <i>rinsed & picked</i>
75ml	That Mayo (Vegan)
150g	Edamame Beans
375g	Mixed Exotic Mushrooms <i>roughly sliced</i>
75ml	Teriyaki Sauce

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Sugar/Sweetener/Honey

1. BOIL THE BASMATI Place the rinsed rice in a pot over medium-high heat. Submerge in 700ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. Drain if necessary and fluff up with a fork.

2. A PECK OF PICKLE Boil the kettle. In a bowl, combine the juice of 3 lime wedges, 15ml of a sweetener of choice, and 30ml of water. Add the radish rounds, the cucumber half-moons, the carrot ribbons, and ½ the picked coriander. Toss until combined and set aside to pickle.

3. A ZEST FOR LIME In a small bowl, combine the mayo, a squeeze of lime juice, the lime zest, and a sweetener of choice (to taste). Set aside. Place the edamame beans in salted boiling water for 3-4 minutes until plumped up. Drain and set aside for serving.

4. MAKE ROOM FOR SHROOMS Place a pan over a medium-high heat with a drizzle of oil. When hot, add the sliced mushrooms and fry for 4-5 minutes until soft and golden, shifting as they colour. You may need to do this step in batches. Remove from the heat and add the teriyaki sauce. Mix until coated. Season to taste.

5. IT'S TERIYAKI TIME! Bowl up the rice. Top with the teriyaki mushrooms, the plump edamame beans, and the pickled cucumber, carrots & radish. Drizzle over the lime mayo and garnish with the remaining coriander. Serve with any remaining lime wedges. Enjoy, Chef!



Chef's Tip

Cut a crosshatch pattern on the bigger mushrooms to ensure even browning!

Nutritional Information

Per 100g

Energy	475kJ
Energy	113kcal
Protein	3.9g
Carbs	19g
of which sugars	2.5g
Fibre	3.1g
Fat	2.7g
of which saturated	0.5g
Sodium	77mg

Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook
within 3
Days