



QCOOK

Gochujang Rice & Beef Meatballs

with pickled carrots & ginger

Hands-on Time: 25 minutes

Overall Time: 35 minutes

Fan Faves: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Zevenwacht | Estate Merlot

| Nutritional Info | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy | 895kj | 5278kj |
| Energy | 214kcal | 1263kcal |
| Protein | 7.3g | 43.1g |
| Carbs | 18g | 108g |
| of which sugars | 2.1g | 12.3g |
| Fibre | 1.7g | 9.8g |
| Fat | 11.7g | 69.3g |
| of which saturated | 2.1g | 12.4g |
| Sodium | 254mg | 1496mg |

Allergens: Sulphites, Gluten, Sesame, Sugar Alcohol (Sweetener), Wheat, Soya, Allium

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

| Serves 1 | [Serves 2] | |
|----------|------------|--|
| 100ml | 200ml | White Basmati Rice <i>rinse</i> |
| 30ml | 60ml | Spicy Soy Mix <i>(2ml [4ml] Sesame Oil, 18ml [36ml] Low Sodium Soy Sauce & 10ml [20ml] Gochujang)</i> |
| 30ml | 60ml | Rice Wine Vinegar |
| 120g | 240g | Carrot <i>rinse, trim & peel into ribbons</i> |
| 150g | 300g | Beef Mince |
| 1 | 1 | Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i> |
| 5ml | 10ml | NOMU One For All Rub |
| 40g | 80g | Corn |
| 40g | 80g | Edamame Beans |
| 50ml | 100ml | Kewpie Mayo |
| 20g | 40g | Pickled Ginger <i>drain & roughly chop</i> |

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey

1. **READY THE RICE** Place the rice in a pot with 200ml [400ml] 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, add the spicy soy mix (to taste), and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. **PICKLED CARROT** Boil the kettle. In a bowl, combine the vinegar, 5ml [10ml] of sweetener, and seasoning. Toss through the carrot and set aside to pickle. Drain right before serving.

3. **MMMEATBALLS** Place the mince in a bowl, add the spring onion whites, the NOMU rub, seasoning and a drizzle of oil. Combine and roll into 4-5 meatballs per portion. 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. Season and remove from the pan.

4. **POPS OF COLOUR** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

5. **POKE BOWL** Bowl up the rice, and top with the meatballs, the pickled carrots, the corn, and the edamame beans. Finish with dollops of the Kewpie mayo and sprinkle over the pickled ginger. Enjoy!