



# UCOOK

## Gochujang Mushroom Bowl

with sushi rice, kewpie mayo & toasted sesame seeds

The best buddha bowl you will ever taste, Chef! A base of sushi rice is topped with meaty mushrooms, a spicy & umami-rich Asian sauce, pickled veg, and lightly charred bell pepper. Finish with the Kewpie mayo drizzle, toasted sesame seeds & fresh coriander.

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**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person


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**Chef:** Sarah Hewitt

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 Veggie

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 Deetlefs Wine Estate | Deetlefs Estate Merlot

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## Ingredients & Prep

|       |  |
|-------|--|
| 50g   | Cucumber<br><i>rinse &amp; cut into thin matchsticks</i>                   |
| 20g   | Radish<br><i>rinse &amp; slice into thin rounds</i>                        |
| 15ml  | Lemon Juice  |
| 100ml | Sushi Rice<br><i>rinse</i>   |
| 5ml   | Black Sesame Seeds   |
| 1     | Bell Pepper<br><i>rinse, deseed &amp; cut ½ into strips</i>                |
| 125g  | Button Mushrooms<br><i>wipe clean &amp; roughly slice</i>                  |
| 1     | Onion<br><i>peel &amp; finely slice ½</i>                                  |
| 10ml  | Gochujang Paste  |
| 30ml  | Asian Sauce<br><i>(5ml Sesame Oil, 10ml Hoisin Sauce &amp; 15ml Mirin)</i> |
| 40ml  | Kewpie Mayo  |
| 3g    | Fresh Coriander<br><i>rinse, pick &amp; roughly chop</i>                   |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. QUICK PICKLE** In a bowl, combine the cucumber matchsticks, the radish rounds, and the lime juice. Set aside to pickle. Drain just before serving, reserving the pickling liquid.

**2. SUSHI RICE** Place the rinsed rice in a pot with 300ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 15-20 minutes. Remove from the pot and spread on a plate. Fluff with a fork and cover.

**3. TOASTED SEEDS** Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

**4. CHARRED PEPPERS** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pepper strips until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

**5. GOLDEN VEG & GOCHUJANG** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms and the sliced onion until golden, 5-6 minutes (shifting occasionally). Add the gochujang (to taste) and the Asian sauce. Mix until coated. Remove from the heat and season.

**6. MAYO DRIZZLE** In a small bowl, loosen the mayo with the reserved pickling liquid until drizzling consistency.

**7. A VEGGIE FEAST** Dish up buddha bowl-style! Top the sushi rice with the mushrooms & all the sauce, the pickled cucumber & radish, and the charred pepper. Drizzle over the loosened mayo. Scatter over the toasted sesame seeds and garnish with the chopped coriander.

## Nutritional Information

Per 100g

|                    |         |
|--------------------|---------|
| Energy             | 582kJ   |
| Energy             | 139kcal |
| Protein            | 2.3g    |
| Carbs              | 18g     |
| of which sugars    | 4.2g    |
| Fibre              | 1.6g    |
| Fat                | 2.2g    |
| of which saturated | 0.4g    |
| Sodium             | 95mg    |

## Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Sugar Alcohol (Xylitol), Alcohol, Soy

Cook  
within 3  
Days