

Eat Within 3 Days

QCOOK

Korean Lamb Bowl

with a zingy cucumber & pickled onion chopped salad

Hands-on Time: 20 minutes

Overall Time: 25 minutes

Quick & Easy: Serves 3 & 4

Chef: Jenna Peoples

Wine Pairing: Doos Wine | Doos Dry Red 3L

Nutritional Info	Per 100g	Per Portion
Energy	774kJ	3825kJ
Energy	185kcal	915kcal
Protein	10g	49.6g
Carbs	20g	98g
of which sugars	5.9g	29.2g
Fibre	1.2g	6.1g
Fat	7.4g	36.3g
of which saturated	2.6g	12.8g
Sodium	292mg	1445mg

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

Spice Level: Hot

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Jasmine Rice
150g	200g	Edamame Beans
30ml	40ml	Slurry Base *(15ml [20ml] Cornflour, 7.5ml [10ml] Garlic Powder & 7.5ml [10ml] Ground Ginger)*
450g	600g	Free-range Lamb Mince
150ml	200ml	Spicy Korean Sauce *(37.5ml [50ml] Gochujang, 60ml [80ml] Sweet Indo Soy Sauce, 7.5ml [10ml] Sesame Oil & 45ml [60ml] Tomato Sauce)*
300g	400g	Cucumber *rinse & roughly dice*
90g	120g	Pickled Onions *drain & slice*
8g	10g	Fresh Coriander *rinse & pick*
90ml	125ml	Rice Wine Vinegar
15ml	20ml	White Sesame Seeds

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water

1. RICE WITH A TWIST Rinse the rice and place it in a pot with 450ml [600ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and add the edamame beans. Place the lid back on the pot and steam for 8-10 minutes. Fluff with a fork and cover.

2. ADD THE UMAMI Boil the kettle. Dilute the slurry base with 150ml [200ml] of hot water. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the mince and work quickly to break it up as it starts to cook. Fry until browned, 4-5 minutes (shifting occasionally). Add the diluted slurry base, the spicy Korean sauce and ½ of the rice wine vinegar. Simmer until the sauce has thickened, 6-8 minutes. Remove from the heat and season.

3. FOR THE FRESHNESS In a bowl, combine the cucumber, pickled onion, ½ the coriander and the remaining rice wine vinegar. Season.

4. BOWL 'EM OVER Bowl up the rice, topped with the mince and the pickled cucumber salsa, plating it poké bowl style. Garnish with the remaining coriander and sesame seeds. Dinner is served, Chef!