



UCCOOK

Creation's Artichoke Poke Bowl

with wasabi kewpie mayo & edamame beans

A bed of fragrant jasmine rice is decorated with artichokes, edamame beans & carrots coated in an Asian dressing. Finished with lashings of a moreish wasabi-mayo dressing, and garnished with kimchi & toasted sesame seeds.

Hands-on Time: 30 minutes

Overall Time: 35 minutes

Serves: 3 People

Chef: Creation Winery

 Quick & Easy

 Creation Wines | Creation Chardonnay

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Ingredients & Prep

300ml	Jasmine Rice <i>rinsed</i>
15ml	Black Sesame Seeds
150g	Edamame Beans
90ml	Kewpie Mayo
15ml	Wasabi Powder
225g	Julienne Carrots
300g	Artichoke Hearts <i>drained & quartered</i>
75ml	Asian Dressing <i>(30ml Lime Juice, 30ml Low Sodium Soy Sauce & 15ml Sesame Oil)</i>
1	Kimchi 90g

From Your Kitchen

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

1. JASMINE RICE Place the rinsed rice in a pot with 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 set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. OPEN SESAME 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.

3. PLUMP THE EDAMAME Boil the kettle. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

4. CREAMY & SPICY DRIZZLE In a small bowl, combine the kewpie mayo with the wasabi powder (to taste), seasoning, and a drizzle of oil. Loosen with water in 5ml increments until drizzling consistency. Set aside.

5. ALL TOGETHER NOW To the bowl with the edamame beans, toss through the carrots, the artichoke quarters, the Asian dressing, and seasoning. Set aside.

6. GET BOWLED OVER! Bowl up the steaming rice, top with the dressed artichokes and the edamame beans & carrots, and pour over any remaining dressing. Drizzle it all with the wasabi-mayo. Finish it off with the kimchi and scatterings of toasted sesame seeds. Cheers, Chef!

Nutritional Information

Per 100g

Energy	751kj
Energy	179kcal
Protein	3.5g
Carbs	22g
of which sugars	1.8g
Fibre	2.4g
Fat	3.3g
of which saturated	0.4g
Sodium	280mg

Allergens

Egg, Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Soy

Cook
within 1
Day