



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.

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Serves: 4 People

Chef: Sarah Hewitt

 Veggie

 Deetlefs Wine Estate | Deetlefs Estate Merlot

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Ingredients & Prep

200g	Cucumber <i>rinse & cut into thin matchsticks</i>
80g	Radish <i>rinse & slice into thin rounds</i>
60ml	Lemon Juice
400ml	Sushi Rice <i>rinse</i>
20ml	Black Sesame Seeds
1	Bell Pepper <i>rinse, deseed & cut into strips</i>
500g	Button Mushrooms <i>wipe clean & roughly slice</i>
2	Onions <i>peel & finely slice</i>
40ml	Gochujang Paste
120ml	Asian Sauce <i>(20ml Sesame Oil, 40ml Hoisin Sauce & 60ml Mirin)</i>
160ml	Kewpie Mayo
10g	Fresh Coriander <i>rinse, pick & 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 1.2L 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, 4-6 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, 6-7 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