



# UCOOK

## Teriyaki Mushroom Bowl

**with pickled radish & a lime Vegan That Mayo**

As a one-bowl meal, this recipe is fuss-free yet packed full of flavour. On a bed of brown basmati rice lies tangy and sweet mushrooms, complemented with pickled carrot ribbons and half-moon cucumber wedges, then crowned with refreshing coriander and zesty lime. Dig in, Chef!

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**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

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**Serves:** 1 Person

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**Chef:** Rhea Hsu

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 Veggie

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 Leopard's Leap | Culinaria Pinot Noir

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## Ingredients & Prep

75ml	Brown Basmati Rice <i>rinsed</i>
1	Lime <i>½ zested &amp; cut into wedges</i>
20g	Radish <i>rinsed &amp; sliced into rounds</i>
50g	Cucumber <i>cut into half-moons</i>
120g	Carrot <i>rinsed, trimmed &amp; peeled into ribbons</i>
4g	Fresh Coriander <i>rinsed &amp; picked</i>
25ml	That Mayo (Vegan)
50g	Edamame Beans
125g	Mixed Exotic Mushrooms <i>roughly sliced</i>
25ml	Teriyaki Sauce

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Sugar/Sweetener/Honey

**1. BOIL THE BASMATI** Place the rinsed rice in a pot over medium-high heat. Submerge in 300ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and steam for 10 minutes. Drain if necessary and fluff up with a fork.

**2. A PECK OF PICKLE** Boil the kettle. In a bowl, combine the juice of 1 lime wedge, 5ml of a sweetener of choice, and 10ml of water. Add the radish rounds, the cucumber half-moons, the carrot ribbons, and ½ the picked coriander. Toss until combined and set aside to pickle.

**3. A ZEST FOR LIME** In a small bowl, combine the mayo, a squeeze of lime juice, the lime zest, and a sweetener of choice (to taste). Set aside. Place the edamame beans in salted boiling water for 3-4 minutes until plumped up. Drain and set aside for serving.

**4. MAKE ROOM FOR SHROOMS** Place a pan over a medium-high heat with a drizzle of oil. When hot, add the sliced mushrooms and fry for 4-5 minutes until soft and golden, shifting as they colour. Remove from the heat and add the teriyaki sauce. Mix until coated. Season to taste.

**5. IT'S TERIYAKI TIME!** Bowl up the rice. Top with the teriyaki mushrooms, the plump edamame beans, and the pickled cucumber, carrots & radish. Drizzle over the lime mayo and garnish with the remaining coriander. Serve with any remaining lime wedges. Enjoy, Chef!



## Chef's Tip

Cut a crosshatch pattern on the bigger mushrooms to ensure even browning!

## Nutritional Information

Per 100g

Energy	475kJ
Energy	113kcal
Protein	3.9g
Carbs	19g
of which sugars	2.5g
Fibre	3.1g
Fat	2.7g
of which saturated	0.5g
Sodium	77mg

## Allergens

Gluten, Allium, Wheat, Sulphites, Soy

Cook  
within 3  
Days