



# UCCOOK

## Bang Bang Wagyu & Kimchi Pancakes

with smashed cucumber

**Hands-on Time:** 30 minutes

**Overall Time:** 40 minutes

**Adventurous Foodie:** Serves 1 & 2

**Chef:** Kate Gomba

**Wine Pairing:** Stettyn Wines | Stettyn Family Range  
Merlot

### Nutritional Info

|                    | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 795kJ    | 3587kJ      |
| Energy             | 191kcal  | 860kcal     |
| Protein            | 6.6g     | 29.6g       |
| Carbs              | 13g      | 60g         |
| of which sugars    | 4.9g     | 22g         |
| Fibre              | 0.8g     | 3.4g        |
| Fat                | 11.9g    | 53.7g       |
| of which saturated | 2.7g     | 12g         |
| Sodium             | 246mg    | 1112mg      |

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

**Spice Level:** Mild

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 1 | [Serves 2] |                                                                                                                                                            |
|----------|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 30g      | 60g        | Kimchi                                                                                                                                                     |
| 75ml     | 150ml      | Flour Mix<br><i>60ml [120ml] Cake Flour &amp; 15ml [30ml] Cornflour</i>                                                                                    |
| 1        | 1          | Spring Onion<br><i>rinse &amp; finely chop</i>                                                                                                             |
| 150g     | 300g       | Wagyu Beef Mince                                                                                                                                           |
| 50ml     | 100ml      | BBQ Gochujang Sauce<br><i>35ml [70ml] Richard Bosman's BBQ Sauce, 7,5ml [15ml] Low Sodium Soy Sauce, 5ml [10ml] Gochujang &amp; 2,5ml [5ml] Sesame Oil</i> |
| 100g     | 200g       | Cucumber<br><i>rinse</i>                                                                                                                                   |
| 2.5ml    | 5ml        | Dried Chilli Flakes                                                                                                                                        |
| 30ml     | 60ml       | Rice Wine Vinegar                                                                                                                                          |
| 30ml     | 60ml       | Kewpie Mayo                                                                                                                                                |
| 5ml      | 10ml       | Black Sesame Seeds                                                                                                                                         |

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (Salt & Pepper)  
Water  
Paper Towel  
Rolling Pin  
Egg/s  
Sugar/Sweetener/Honey

**1. KIMCHI BATTER** In a bowl, combine the kimchi, flour mix, 60ml [120ml] of water, ½ [1] egg, spring onion, and 2.5ml [5ml] of sweetener. Mix until well combined. The batter should be pourable but slightly thick. Add water in 10ml increments if it's too thick.

**2. MEATBALLS** In a bowl, combine the mince and seasoning. Wet your hands slightly and shape the mince mixture into 4-5 meatballs per portion. Set aside. Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 6-8 minutes, shifting as they colour. Drain any excessive oil and add the BBQ gochujang. Simmer until combined, 30-60 seconds. Remove from the heat.

**3. KIMCHI CAKES** Place a clean pan over medium heat with a drizzle of oil. When hot, use a tablespoon to drop small rounds of batter into the pan. Leave space between each. Flatten slightly with the back of the spoon. (Alternatively, you can make larger pancakes if you prefer.) Cook until golden and lightly crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel.

**4. CUCUMBER** Using a rolling pin or bottle, smash the cucumber, slice into bite-sized pieces, and add to a bowl. Mix in the vinegar, chilli flakes (to taste), toss to combine, and add seasoning.

**5. DINNER IS READY** Dish up the bang bang meatballs, top with dollops of the mayo, serve alongside the kimchi cakes, and the cucumber. Garnish with a sprinkle of the sesame seeds and enjoy, Chef!