



UCOOK

Gochujang Slathered Sweet Potato

with charred pineapple, pickled ginger & kewpie mayo

Gochujang, a spicy Korean condiment, is such a sensation it has its own annual festival! The spiced sweet potatoes are matched with; tamari rice, edamame beans, fresh leaves, charred pineapple, pickled ginger, and kewpie mayo – one for the taste-bud books!


Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Lauren Todd

 Vegetarian

 Haute Cabrière | Chardonnay Unwooded

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into bite-sized chunks</i>
75ml	Brown Basmati Rice
5ml	Black Sesame Seeds
30ml	Gochujang Paste
100g	Edamame Beans <i>shells removed</i>
10ml	Low Sodium Soy Sauce
15ml	Rice Wine Vinegar
2	Pineapple Rings <i>drained</i>
20g	Green Leaves <i>rinsed</i>
15ml	Kewpie Mayo
15g	Pickled Ginger <i>drained & finely chopped</i>
3g	Fresh Coriander <i>rinsed & finely chopped</i>

From Your Kitchen

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

1. ROAST Preheat the oven to 200°C. Spread out the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisped, shifting halfway.

2. BASMATI Rinse the rice and place in a pot over a 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 set aside to steam for a further 10 minutes. On completion, drain if necessary and fluff up with a fork.

3. TOAST & MIX Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until they begin to pop, shifting regularly. Remove from the pan on completion and set aside to cool. In a small bowl, combine the gochujang paste with 1 tsp of oil and 1 tsp of water. Set aside.

4. SPICY When the sweet potato has 10 minutes remaining, remove from the oven and coat in the gochujang paste — use it to taste, it's spicy! Return to the oven for the remaining roasting time.

5. SPRUCE & CHAR Once the rice is cooked, stir through the edamame beans. Season with the tamari and rice wine vinegar — both to taste. Replace the lid and set aside to keep warm until serving. Return the pan to a high heat with a drizzle of oil. When hot, fry the drained pineapple rings for 1-2 minutes per side until charred. Remove from the pan on completion.

6. READY! Make a bed of rinsed green leaves and pile the edamame rice on top. Cover in sticky gochujang sweet potato and place the charred pineapple on the side. Drizzle with the kewpie mayo and scatter over the chopped pickled ginger. To finish, garnish with the chopped coriander and the toasted sesame seeds. Prepare to be wowed!

Nutritional Information

Per 100g

Energy	568kJ
Energy	136Kcal
Protein	4.3g
Carbs	22g
of which sugars	6.3g
Fibre	2.9g
Fat	1.6g
of which saturated	0.1g
Sodium	185mg

Allergens

Egg, Gluten, Sesame, Wheat, Sulphites,
Sugar Alcohol (Xylitol), Soy

Cook
within 3
Days