



UCOOK

Golden Mushroom Feast

with pickled ginger, cucumber & sesame seeds

A delicious, restaurant-style dinner! Crispy mushrooms served with vegan mayo, tart radish, pickled ginger, sesame seeds, diced cucumber, and fluffy rice.

Hands-on Time: 45 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Megan Bure

Veggie

Waterford Estate | Waterford Pecan Stream
Pebble Hill

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Ingredients & Prep

400ml	Jasmine Rice <i>rinse</i>
20ml	White Sesame Seeds
160g	Corn
60ml	Lime Juice
80g	Radish <i>rinse & slice into thin rounds</i>
200g	Cucumber <i>rinse & roughly dice</i>
500g	Button Mushrooms <i>wipe clean & roughly chop</i>
60ml	Low Sodium Soy Sauce
200ml	Mayo
30ml	Wasabi Powder
40g	Pickled Ginger <i>drain & roughly chop</i>
2	Fresh Chillies <i>rinse, trim, deseed & finely slice</i>

From Your Kitchen

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

1. A RICE EVENT Place the rinsed rice in a pot with 800ml 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. TOASTY SEEDS Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHARRED CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

4. IN A PICKLE In a bowl, combine the lime juice (to taste), 20ml of sweetener, and 20ml of water. Toss through the radish rounds and the diced cucumber. Set aside.

5. MUSHIE TIME Return the pan to medium-high heat with a drizzle of oil. When hot, fry the chopped mushrooms until golden, 6-7 minutes (shifting occasionally). Remove from the pan and season.

6. FINAL TOUCHES To the pot of cooked rice, mix through the soy sauce (to taste). In a small bowl, combine the mayo and the wasabi powder (to taste). Add water in 5ml increments until slightly loosened. Drain the pickling liquid from the radish & cucumber.

7. BOWLED OVER! Make a bed of the rice. Top with the pickled radish & cucumber, the golden mushrooms, the charred corn, the chopped pickled ginger, and the sliced chilli (to taste). Dollop over the mayo and sprinkle over the toasted sesame seeds. Simply stunning, Chef!

Nutritional Information

Per 100g

Energy	695kj
Energy	166kcal
Protein	3.2g
Carbs	23g
of which sugars	2.6g
Fibre	1.9g
Fat	7g
of which saturated	0.5g
Sodium	238mg

Allergens

Gluten, Sesame, Wheat, Sulphites, Soy

Eat
Within
3 Days