

# QCOOK

## Gochujang Mushroom Bowl

with sushi rice, kewpie mayo & toasted sesame seeds

**Hands-on Time:** 30 minutes

**Overall Time:** 45 minutes

**Veggie:** Serves 1 & 2

**Chef:** Sarah Hewitt

**Wine Pairing:** Delheim Wines | Delheim Staying Alive Riesling

### Nutritional Info

	Per 100g	Per Portion
Energy	500kj	3924kj
Energy	120kcal	939kcal
Protein	2.1g	16.1g
Carbs	15.8g	124.3g
of which sugars	4.3g	33.7g
Fibre	1.6g	12.6g
Fat	4.9g	38.1g
of which saturated	0.3g	2.4g
Sodium	112.8mg	885.9mg

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

**Spice Level:** Hot

Eat Within 3 Days



## Ingredients & Prep Actions:

---

Serves 1	[Serves 2]	
50g	100g	Cucumber <i>rinse &amp; cut into thin matchsticks</i>
15ml	30ml	Lemon Juice
100ml	200ml	Sushi Rice <i>rinse</i>
5ml	10ml	Black Sesame Seeds
1	1	Bell Pepper <i>rinse, deseed &amp; cut ½ [1]</i>
125g	250g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
1	1	Onion <i>peel &amp; finely slice ½ [1]</i>
10ml	20ml	Gochujang
30ml	60ml	Asian Sauce <i>(5ml [10ml] Sesame Oil, 10ml [20ml] Hoisin Sauce &amp; 15ml [30ml] Mirin)</i>
20g	40g	Piquanté Peppers <i>drain</i>
40ml	80ml	Kewpie Mayo
3g	5g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

---

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

- 1. PICKLE** In a bowl, combine the cucumber and the lemon juice. Set aside to pickle. Drain just before serving, reserving the pickling liquid.
- 2. RICE** Place the rice in a pot with 300ml [600ml] 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. SESAME** 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. PEPPERS** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pepper until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.
- 5. ASIAN SAUCE** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mushrooms and the onion until golden, 5-6 minutes (shifting occasionally). Add the gochujang (to taste) and the Asian sauce. Mix until coated. Remove from the heat and season. In a small bowl, loosen the mayo with the reserved pickling liquid until drizzling consistency.
- 6. BOWL IT UP!** Dish up the sushi rice, topped with the mushrooms, the piquanté peppers, pickled cucumber, and the pepper. Drizzle over the mayo. Scatter over the sesame seeds and garnish with the coriander.