



UCOOK

Sticky Gochujang Sweet Potato

with charred pineapple, pickled ginger & vegan mayo

Spicy gochujang is sure to get your crispy roast sweet potato jiving. This Korean condiment is such a sensation, it has its own annual festival! Partnered with soy-laced quinoa, edamame beans & fresh leaves, this one's for the taste bud books, Chef.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Lauren Todd

Veggie

 Creation Wines | Creation Pinot Noir

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Ingredients & Prep

250g	Sweet Potato <i>rinse & cut into bite-sized pieces</i>
100ml	Quinoa <i>rinse</i>
5ml	Black Sesame Seeds
30ml	Gochujang
30ml	Mayo
50g	Edamame Beans
10ml	Low Sodium Soy Sauce
15ml	Rice Wine Vinegar
1	Tinned Pineapple Ring <i>drain</i>
20g	Green Leaves <i>rinse</i>
10g	Pickled Ginger <i>drain & finely chop</i>
3g	Fresh Coriander <i>rinse & finely chop</i>

From Your Kitchen

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

1. OFF YOU GO! Preheat the oven to 200°C. Spread the sweet potato pieces on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway).

2. FLUFFY QUINOA Place the rinsed quinoa in a pot with 200ml of salted water. Cover and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. TOAST & MIX 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. In a small bowl, combine the gochujang with 1 tsp of oil and 1 tsp of water. Set aside. Loosen the mayo with a splash of water until drizzling consistency.

4. TIME TO GET SPICY When the sweet potato has 10 minutes remaining, remove from the oven and coat in the gochujang – use it to taste, it's spicy!

5. SPRUCE & CHAR Once the quinoa is cooked, stir through the edamame beans. Add the soy sauce, the rice wine vinegar (both to taste), and seasoning. Cover and set aside. Return the pan to high heat with a drizzle of oil. When hot, fry the drained pineapple rings until charred, 1-2 minutes per side. Remove from the pan.

6. FEAST! Make a bed of rinsed green leaves and pile the edamame quinoa on top. Serve alongside the sticky gochujang sweet potato and top with the charred pineapple. Drizzle over the mayo and scatter over the chopped pickled ginger. To finish, garnish with the chopped coriander and the toasted sesame seeds. Prepare to be wowed!



Chef's Tip

Air fryer method: Air fry the dressed potatoes at 200°C until crispy, 15-20 minutes. In the final 10 minutes, coat in the gochujang (to taste). Be careful, it's spicy!

Nutritional Information

Per 100g

Energy	628kj
Energy	150kcal
Protein	3.4g
Carbs	22g
of which sugars	6.8g
Fibre	2.5g
Fat	5.3g
of which saturated	0.4g
Sodium	158mg

Allergens

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

Eat
Within
4 Days