



UCOOK

Packs-a-Punch Kimchi Fried Rice

**with spicy gochujang sauce, edamame
beans & black sesame seeds**

You bring the pan; we bring the flavour!
This dish is packed to the max with ginger, gochujang, soy, cabbage, carrot, edamame beans, mushrooms, and kimchi. Covered with nori and toasted sesame seeds just for good measure. You can even add an egg for extra protein!

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Megan Bure

 Veggie

 Strandveld | Adamastor White Blend

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Ingredients & Prep

300ml	Jasmine Rice <i>rinse</i>
20ml	Black Sesame Seeds
500g	Button Mushrooms <i>wipe & roughly slice</i>
40g	Fresh Ginger <i>peel & grate</i>
2	Spring Onions <i>rinse, trim & finely slice</i>
120g	Kimchi <i>roughly chop</i>
80ml	Low Sodium Soy Sauce
60ml	Gochujang Paste
400g	Cabbage <i>rinse & thinly slice</i>
240g	Carrot <i>rinse, trim, peel & grate</i>
200g	Edamame Beans
2	Nori Sheets

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Egg/s (optional)

1. JASMINE RICE Place the rinsed rice in a pot with 600ml 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 steam, 8-10 minutes. Fluff with a fork and cover.

2. SEED SPRINKLES 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.

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

4. FLAVOURFUL VEG Return the pan to medium-high heat with a drizzle of oil. When hot, fry the grated ginger and $\frac{3}{4}$ of the sliced spring onion until softened, 3-4 minutes (shifting constantly). Add the cooked rice, $\frac{1}{2}$ the chopped kimchi, the soy sauce, and the gochujang sauce (to taste). Fry until combined and coated, 3-4 minutes (shifting constantly). Add the sliced cabbage, the grated carrot, the edamame beans, and the cooked mushrooms. Fry until the cabbage is wilted but still crunchy, 3-4 minutes. Remove from the heat and season.

5. OPTIONAL EGG Place a nonstick pan over medium-high heat with a drizzle of oil. Crack in 4 eggs (optional) and fry until cooked through to your preference. We like the yolk runny and the white just set! Remove from the heat and season.

6. NOW FOR THE NORI Place the nori sheets in a clean pan over medium heat. Toast until crispy, 30-60 seconds per side. Remove from the pan and roughly shred. Set aside.

7. FIERY RICE FEAST Serve up the spicy fried rice in a bowl. Garnish with the remaining spring onion and the kimchi. Sprinkle over the nori slices and the toasted sesame seeds. Finally, top with the fried egg (if used). Now, let yourself be whisked off to East Asia!



Chef's Tip

To cut the nori, use a heavy, sharp knife or a pair of sharp scissors. You can also roll it up into a small cylinder and chop thinly on the round – these will unfurl into strips.

Nutritional Information

Per 100g

Energy	373kj
Energy	89kcal
Protein	3.7g
Carbs	16g
of which sugars	3.3g
Fibre	2.8g
Fat	0.9g
of which saturated	0g
Sodium	251mg

Allergens

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

Cook
within 3
Days