



UCOOK

Gochujang Mushroom Bowl

with sushi rice, kewpie mayo & toasted sesame seeds

The best buddha bowl you will ever taste, Chef! A base of sushi rice is topped with meaty mushrooms, a spicy & umami-rich Asian sauce, pickled veg, and lightly charred bell pepper. Finish with the Kewpie mayo drizzle, toasted sesame seeds & fresh coriander.

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Sarah Hewitt

 Veggie

 Deetlefs Wine Estate | Deetlefs Estate Merlot

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Ingredients & Prep

150g	Cucumber <i>rinse & cut into thin matchsticks</i>
60g	Radish <i>rinse & slice into thin rounds</i>
45ml	Lemon Juice
300ml	Sushi Rice <i>rinse</i>
15ml	Black Sesame Seeds
1	Bell Pepper <i>rinse, deseed & cut into strips</i>
375g	Button Mushrooms <i>wipe clean & roughly slice</i>
2	Onions <i>peel & finely slice 1½</i>
30ml	Gochujang Paste
90ml	Asian Sauce <i>(15ml Sesame Oil, 30ml Hoisin Sauce & 45ml Mirin)</i>
120ml	Kewpie Mayo
8g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. QUICK PICKLE In a bowl, combine the cucumber matchsticks, the radish rounds, and the lime juice. Set aside to pickle. Drain just before serving, reserving the pickling liquid.

2. SUSHI RICE Place the rinsed rice in a pot with 900ml 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. TOASTED SEEDS 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. CHARRED PEPPERS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pepper strips until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

5. GOLDEN VEG & GOCHUJANG Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms and the sliced onion until golden, 6-7 minutes (shifting occasionally). Add the gochujang (to taste) and the Asian sauce. Mix until coated. Remove from the heat and season.

6. MAYO DRIZZLE In a small bowl, loosen the mayo with the reserved pickling liquid until drizzling consistency.

7. A VEGGIE FEAST Dish up buddha bowl-style! Top the sushi rice with the mushrooms & all the sauce, the pickled cucumber & radish, and the charred pepper. Drizzle over the loosened mayo. Scatter over the toasted sesame seeds and garnish with the chopped coriander.

Nutritional Information

Per 100g

Energy	582kj
Energy	139kcal
Protein	2.3g
Carbs	18g
of which sugars	4.2g
Fibre	1.6g
Fat	2.2g
of which saturated	0.4g
Sodium	95mg

Allergens

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

Cook
within 3
Days