



U C O O K

— COOKING MADE EASY

Sticky Gochujang Sweet Potato

with charred pineapple, pickled ginger & kewpie mayo

Spicy gochujang is sure to get your crispy roast sweet potato jiving. This Korean condiment is such a sensation it boasts its own annual festival! Partnered with tamari rice, edamame beans, and fresh leaves, this one's for the taste bud books!

Hands-On Time: 25 minutes

Overall Time: 45 minutes

Serves: 1 Person

Chef: Lauren Todd

 **Vegetarian**

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Ingredients & Prep

250g	Sweet Potato <i>rinsed & cut into bite-size chunks</i>
75ml	Brown Basmati Rice
5ml	Black Sesame Seeds
30ml	Gochujang Paste
50g	Edamame Beans
10ml	Tamari
15ml	Rice Wine Vinegar
2	Tinned Pineapple Rings <i>drained</i>
20g	Green Leaves <i>rinsed</i>
15ml	Kewpie Mayo
15g	Pickled Ginger <i>drained & finely chopped</i>
3g	Fresh Coriander <i>rinsed & finely chopped</i>

From Your Kitchen

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

1. START THE SWEET POTATO Preheat the oven to 200°C. Spread out the sweet potato chunks on a roasting tray, coat in oil, and season. Roast in the hot oven for 30-35 minutes until cooked through and crisping up, shifting halfway.

2. WE'RE NUTTY FOR BASMATI! Rinse the rice and place in a pot over a medium-high heat. Submerge in 250ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 30-35 minutes until the water has been absorbed, only adding more if required during the cooking process. Drain on completion if necessary.

3. TOAST THE SESAMES Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until they begin to pop, shifting regularly. Remove from the pan on completion and set aside to cool. In a bowl, combine the gochujang paste with 1 tsp of oil and 1 tsp of water. Set aside.

4. TIME TO GET SPICY When the sweet potato has 10 minutes to go, remove from the oven and coat in the gochujang oil (use it to taste – it's spicy!) Return to the oven for the remaining roasting time.

5. SPRUCE UP THE RICE & CHAR THE PINEAPPLE Once the rice is cooked, stir through the edamame beans. Season with the tamari and rice wine vinegar – both to taste. Replace the lid and set aside to keep warm until serving. Return the pan to a high heat with a drizzle of oil. When hot, fry the drained pineapple rings for 1-2 minutes per side until charred. Remove from the pan on completion.

6. YOUR FLAVOUR SENSATION AWAITS... Make a bed of rinsed green leaves and pile the edamame rice on top. Cover in crisp gochujang sweet potato and tuck in the charred pineapple on the side. Drizzle over the kewpie mayo, scatter over the chopped pickled ginger, and garnish with the chopped coriander and the toasted sesame seeds. Prepare to be wowed!



Chef's Tip

For the rice, keep the lid on for the entire cooking time, only checking occasionally. This will ensure you get that perfectly nutty texture!

Nutritional Information

Per 100g

Energy	582kj
Energy	139Kcal
Protein	3.6g
Carbs	24g
of which sugars	6.4g
Fibre	3g
Fat	1.6g
of which saturated	0.1g
Sodium	217mg

Allergens

Egg, Sesame, Sulphites, Sugar Alcohol (Xylitol), Soy

Cook
within
4 Days