

UCOOK

Vegetarian Korean Mushroom Bibimbap

with pickled cucumber, sesame oil & spicy mayo

A popular Korean dish that is a wonderful exploration of different tastes and textures. Jasmine rice is topped with an array of deliciousness including fried exotic mushrooms, sesame oil-basted cabbage, a spicy mayo, fresh green leaves, and pickled cucumber.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Thea Richter

Fan Faves

Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

75ml	Jasmine Rice <i>rinse</i>
15ml	Rice Wine Vinegar
50g	Cucumber <i>rinse & cut into thin rounds</i>
15ml	Kewpie Mayo
5ml	Gochujang
1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
100g	Cabbage <i>rinse & thinly slice</i>
7,5ml	Sesame Oil
125g	Mixed Exotic Mushrooms <i>trim at the base & roughly chop</i>
15ml	Low Sodium Soy Sauce
20g	Green Leaves <i>rinse & finely shred</i>
3g	Fresh Coriander <i>rinse & pick</i>

From Your Kitchen

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

1. RICE & SHINE Place the rinsed rice in a pot with 150ml 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. PICKLED CUCUMBER In a bowl, combine the vinegar, 10ml of water, and 5ml of sweetener. Add the cucumber rounds and toss until fully coated. Set aside to pickle.

3. SPICY MAYO & CABBAGE In a small bowl, combine the mayo and the gochujang (to taste). Loosen with water in 5ml increments until a drizzling consistency. Set aside. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the spring onion whites and the sliced cabbage until slightly softened, 2-3 minutes (shifting occasionally). In the final minute, toss through the sesame oil and seasoning. Remove from the pan and cover.

4. MOUTHWATERING MUSHIES Return the pan to medium-high heat with a drizzle of oil and a knob of butter (optional). When hot, fry the trimmed mushrooms until golden, 5-6 minutes (shifting occasionally). In the final minute, add the soy sauce and 5ml of sweetener. Remove from the pan, season, and cover.

5. OPTIONAL EGG Place a nonstick pan over medium-high heat with a drizzle of oil. Crack in 1 egg and fry until cooked through to your preference. We like the yolk runny and the white just set! Remove from the heat and season. Drain the pickling liquid from the cucumber.

6. BIBIMBAP! Make a bed of jasmine rice. Top with the sautéed cabbage, fried mushrooms, pickled cucumber, and the shredded green leaves. Top with the fried egg (if using). Drizzle over the spicy mayo (to taste) and sprinkle over the picked coriander and spring onion greens. Tuck in, Chef!

Nutritional Information

Per 100g

Energy	512kJ
Energy	122kcal
Protein	3g
Carbs	16g
of which sugars	1.9g
Fibre	1.9g
Fat	2.3g
of which saturated	0.3g
Sodium	185mg

Allergens

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

Eat
Within
3 Days