

UCCOOK

Packs-a-punch Gochujang Fried Rice

with spicy gochujang sauce, edamame beans & black sesame seeds

Hands-on Time: 30 minutes

Overall Time: 45 minutes

Veggie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Zevenwacht | Estate Chenin Blanc

Nutritional Info	Per 100g	Per Portion
Energy	370kj	2150kj
Energy	89kcal	514kcal
Protein	3.3g	19.5g
Carbs	17g	98g
of which sugars	3.3g	19.4g
Fibre	2.6g	15.1g
Fat	0.9g	5.1g
of which saturated	0.1g	0.4g
Sodium	211mg	1228mg

Allergens: Soya, Gluten, Allium, Sesame, Wheat, Sulphites, Sugar Alcohol (Sweetener)

Spice Level: Mild

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
225ml	300ml	Jasmine Rice <i>rinse</i>
15ml	20ml	Black Sesame Seeds
375g	500g	Button Mushrooms <i>wipe & roughly slice</i>
2	2	Onions <i>peel & cut 1½ [2] into thin wedges</i>
30g	40g	Fresh Ginger <i>peel & grate</i>
90g	120g	Kimchi <i>roughly chop</i>
60ml	80ml	Low Sodium Soy Sauce
30ml	40ml	Gochujang
240g	240g	Carrot <i>rinse, trim, peel & grate ¾ [1]</i>
120g	160g	Edamame Beans
2	2	Nori Sheets
8g	10g	Fresh Chives <i>rinse & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. READY THE RICE Place the rice in a pot with 600ml [800ml] 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. SESAME 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.

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

4. SPICY RICE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the ginger until softened, 1-2 minutes (shifting constantly). Add the rice, ½ the kimchi, the soy sauce, and the gochujang (to taste). Fry until combined and coated, 3-4 minutes (shifting constantly). Add the carrot, the edamame beans, and the mushroom and onion mix. Fry until the carrot is wilted but still crunchy, 3-4 minutes. Remove from the heat and season.

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

6. FLAVOUR EXPLOSION Serve up the spicy fried rice in a bowl. Garnish with the chives and the remaining kimchi. Sprinkle over the nori slices and the sesame seeds. Now, let yourself be whisked off to East Asia!