



UCOOK

Stir-Fried Exotic Mushrooms

**with a sticky miso sauce, pickled peppers
& sushi rice**

Here, umami flavour shines under the spotlight of pickled peppers, pak choi, and mixed exotic mushies in a miso-rich, sweet-and-sour sauce. Completed by sushi rice flavoured with fresh coriander and a ping of vinegar.

Hands-On Time: 20 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Alex Levett

 **Vegetarian**

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Ingredients & Prep

100ml	Sushi Rice
125g	Mixed Exotic Mushrooms
100g	Pak Choi
1	Garlic Clove <i>peeled & grated</i>
20ml	Miso Paste
50g	Pickled Bell Peppers <i>drained & sliced</i>
40ml	Sweet Sesame-Soy <i>(10ml Sesame Oil, 10ml Low Sodium Soy Sauce & 20ml Ong's Sweet Indonesian Soy Sauce)</i>
5g	Fresh Coriander <i>rinsed & roughly chopped</i>
20ml	Rice Wine Vinegar
20g	Pickled Ginger <i>drained & roughly chopped</i>

From Your Kitchen

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

1. SUSHI RICE Rinse the rice under cold water until the water runs clear. (This prevents the rice from becoming stodgy.) Place in a pot with 250ml of fresh water, pop on a lid, and place over a medium-high heat. Once boiling, reduce the heat and simmer for 10-15 minutes until the water has been absorbed and the rice is tender. On completion, remove from the heat and fluff up with a fork. Replace the lid and set aside to keep warm.

2. IN THE MEANTIME... Get those mushies golden! Gently wipe the mushrooms clean with damp cloth or paper towel and roughly slice. Place a nonstick pan over a high heat with a drizzle of oil. When hot, fry the mushrooms for 3-5 minutes until golden, shifting as they colour. Remove from the pan on completion, season, and set aside.

3. UMAMI FLAVOURS Trim the base off the pak choi and rinse well. Slice the green leaves in half lengthways and set aside. Finely slice the stems. Return the pan to a medium heat with another drizzle of oil if necessary. When hot, fry the pak choi stems for 2-3 minutes until slightly softened, shifting regularly. Add the grated garlic and sauté for 1 minute. Add the miso paste and sauté for another minute until fragrant. Reduce to a low heat and add the sliced pickled peppers, pak choi leaves, and fried mushrooms. Stir in the sesame-soy sauce and 15ml of water. Bring to a simmer and cook for 2-3 minutes until slightly reduced, stirring occasionally. Remove from the heat on completion.

4. YOU'RE ALMOST THERE Add $\frac{3}{4}$ of the chopped coriander to the pot of cooked rice and stir through the rice wine vinegar to taste.

5. STIR FRY TIME! Dish up a mound of sticky sushi rice and cover in delicious mushroom stir fry. Pour over spoonfuls of sauce to your preference. Garnish with the remaining coriander and the chopped, pickled ginger. So simple, Chef... Tuck in!



Chef's Tip

Mushrooms have great nutritional contents and particularly impressive antioxidant levels. Their subtle, meaty flavour can be combined with a wide range of sauces. Or just snack on them raw as a crudité — with dips or spreads.

Nutritional Information

Per 100g

Energy	586kJ
Energy	140Kcal
Protein	5.2g
Carbs	24g
of which sugars	3.6g
Fibre	3.3g
Fat	3.4g
of which saturated	0.5g
Sodium	431mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 3
Days