



# UCCOOK

## Creation's Artichoke Poke Bowl

**with wasabi kewpie mayo & edamame beans**

A bed of fragrant jasmine rice is decorated with artichokes, edamame beans & carrots coated in an Asian dressing. Finished with lashings of a moreish wasabi-mayo dressing, and garnished with kimchi & toasted sesame seeds.

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**Hands-on Time:** 25 minutes

**Overall Time:** 30 minutes

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**Serves:** 2 People

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**Chef:** Creation Winery

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 Quick & Easy

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 Creation Wines | Creation Chardonnay

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## Ingredients & Prep

200ml	Jasmine Rice <i>rinsed</i>
10ml	Black Sesame Seeds
100g	Edamame Beans
60ml	Kewpie Mayo
10ml	Wasabi Powder
150g	Julienne Carrots
200g	Artichoke Hearts <i>drained &amp; quartered</i>
50ml	Asian Dressing <i>(20ml Lime Juice, 20ml Low Sodium Soy Sauce &amp; 10ml Sesame Oil)</i>
1	Kimchi 60g

## From Your Kitchen

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

**1. JASMINE RICE** Place the rinsed rice in a pot with 400ml 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 set aside to steam, 8-10 minutes. Fluff with a fork and cover.

**2. OPEN SESAME** 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. PLUMP THE EDAMAME** Boil the kettle. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

**4. CREAMY & SPICY DRIZZLE** In a small bowl, combine the kewpie mayo with the wasabi powder (to taste), seasoning, and a drizzle of oil. Loosen with water in 5ml increments until drizzling consistency. Set aside.

**5. ALL TOGETHER NOW** To the bowl with the edamame beans, toss through the carrots, the artichoke quarters, the Asian dressing, and seasoning. Set aside.

**6. GET BOWLED OVER!** Bowl up the steaming rice, top with the dressed artichokes and the edamame beans & carrots, and pour over any remaining dressing. Drizzle it all with the wasabi-mayo. Finish it off with the kimchi and scatterings of toasted sesame seeds. Cheers, Chef!

## Nutritional Information

Per 100g

Energy	751kj
Energy	179kcal
Protein	3.5g
Carbs	22g
of which sugars	1.8g
Fibre	2.4g
Fat	3.3g
of which saturated	0.4g
Sodium	280mg

## Allergens

Egg, Gluten, Dairy, Allium, Sesame, Wheat, Sulphites, Soy

Cook  
within 1  
Day