

UCOOK

Golden Mushroom Feast

with pickled ginger, cucumber & sesame seeds

Hands-on Time: 40 minutes

Overall Time: 55 minutes

Veggie: Serves 3 & 4

Chef: Megan Bure

Wine Pairing: Zevenwacht | 7even Shiraz Grenache

Nutritional Info	Per 100g	Per Portion
Energy	617kJ	3155kJ
Energy	148kcal	754kcal
Protein	2.8g	14.5g
Carbs	20g	103g
of which sugars	2.5g	12.5g
Fibre	1.8g	9.1g
Fat	5.9g	30.2g
of which saturated	0.5g	2.4g
Sodium	219mg	1119mg

Allergens: Sulphites, Gluten, Sesame, Wheat, Soya

Spice Level: Hot

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	Jasmine Rice *rinse*
15ml	20ml	White Sesame Seeds
150g	200g	Corn
45ml	60ml	Lime Juice
90g	120g	Daikon Rounds
300g	400g	Cucumber *rinse & roughly dice*
375g	500g	Button Mushrooms *wipe clean & roughly chop*
45ml	60ml	Low Sodium Soy Sauce
150ml	200ml	Mayo
22,5ml	30ml	Wasabi Powder
60g	80g	Pickled Ginger *drain & roughly chop*
2	2	Fresh Chillies *rinse, trim, deseed & finely slice*

From Your Kitchen

Oil (cooking, olive OR coconut)
Seasoning (Salt & Pepper)
Water
Sugar/Sweetener/Honey

1. A RICE EVENT Place the rinsed 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 set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. TOASTY SEEDS Place the sesame seeds in a pan over medium heat. Toast until golden brown, 2-3 minutes (shifting occasionally). Remove from the pan and set aside.

3. CHARRED CORN Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

4. IN A PICKLE In a bowl, combine the lime juice (to taste), 15ml [20ml] of sweetener, and 15ml [20ml] of water. Toss through the daikon rounds and the diced cucumber. Set aside.

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

6. FINAL TOUCHES To the pot of cooked rice, mix in the soy sauce (to taste). In a small bowl, combine the mayo and the wasabi powder (to taste). Add water in 5ml increments until slightly loosened. Drain the pickling liquid from the daikon and cucumber.

7. BOWLED OVER! Make a bed of the rice. Top with the pickled daikon and cucumber, the golden mushrooms, the charred corn, the chopped pickled ginger, and the sliced chilli (to taste). Dollop over the mayo and sprinkle over the toasted sesame seeds. Simply stunning, Chef!