



# UCCOOK

## 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 | Zeven Shiraz Grenache

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 626kJ    | 3135kJ      |
| Energy             | 150kcal  | 750kcal     |
| Protein            | 2.9g     | 14.5g       |
| Carbs              | 21g      | 103g        |
| of which sugars    | 2.5g     | 12.3g       |
| Fibre              | 1.8g     | 8.9g        |
| Fat                | 6g       | 30.2g       |
| of which saturated | 0.5g     | 2.4g        |
| Sodium             | 224mg    | 1123mg      |

**Allergens:** Sulphites, Gluten, Sesame, Wheat, Soya

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

| Serves 3 | [Serves 4] |                                                                 |
|----------|------------|-----------------------------------------------------------------|
| 300ml    | 400ml      | Jasmine Rice<br><i>rinse</i>                                    |
| 15ml     | 20ml       | White Sesame Seeds                                              |
| 150g     | 200g       | Corn                                                            |
| 45ml     | 60ml       | Lime Juice                                                      |
| 60g      | 80g        | Radish<br><i>rinse &amp; slice into thin rounds</i>             |
| 300g     | 400g       | Cucumber<br><i>rinse &amp; roughly dice</i>                     |
| 375g     | 500g       | Button Mushrooms<br><i>wipe clean &amp; roughly chop</i>        |
| 45ml     | 60ml       | Low Sodium Soy Sauce                                            |
| 150ml    | 200ml      | Mayo                                                            |
| 22,5ml   | 30ml       | Wasabi Powder                                                   |
| 60g      | 80g        | Pickled Ginger<br><i>drain &amp; roughly chop</i>               |
| 2        | 2          | Fresh Chillies<br><i>rinse, trim, deseed &amp; finely slice</i> |

## 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 radish 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 through 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 radish and cucumber.

**7. BOWLED OVER!** Make a bed of the rice. Top with the pickled radish 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!