



QCOOK

Gochujang Rice & Beef Meatballs

with pickled carrots & ginger

Hands-on Time: 40 minutes

Overall Time: 50 minutes

Fan Faves: Serves 3 & 4

Chef: Jade Summers

Wine Pairing: Stettyn Wines | Stettyn Family Range Shiraz

Nutritional Info

	Per 100g	Per Portion
Energy	895kJ	5278kJ
Energy	214kcal	1263kcal
Protein	7.3g	43.1g
Carbs	18g	108g
of which sugars	2.1g	12.3g
Fibre	1.7g	9.8g
Fat	11.7g	69.3g
of which saturated	2.1g	12.4g
Sodium	254mg	1496mg

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

Spice Level: Hot

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3	[Serves 4]	
300ml	400ml	White Basmati Rice <i>rinse</i>
90ml	120ml	Spicy Soy Mix <i>(6ml [8ml] Sesame Oil, 54ml [72ml] Low Sodium Soy Sauce & 30ml [40ml] Gochujang)</i>
90ml	125ml	Rice Wine Vinegar
360g	480g	Carrot <i>rinse, trim, peel 1½ [2] into ribbons</i>
450g	600g	Beef Mince
2	2	Spring Onions <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
15ml	20ml	NOMU One For All Rub
120g	160g	Corn
120g	160g	Edamame Beans
150ml	200ml	Kewpie Mayo
60g	80g	Pickled Ginger <i>drain & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey

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, 8-10 minutes. Remove from the heat, add the spicy soy mix (to taste), and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. **PICKLED CARROT** Boil the kettle. In a bowl, combine the vinegar, 15ml [20ml] of sweetener, and seasoning. Toss through the carrot and set aside to pickle. Drain right before serving.

3. **MMMEATBALLS** Place the mince in a bowl, add the spring onion whites, the NOMU rub, seasoning and a drizzle of oil. Combine and roll into 4-5 meatballs per portion. Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. Season and remove from the pan.

4. **POPS OF COLOUR** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 4-5 minutes (shifting occasionally). Remove from the pan and set aside. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

5. **POKE BOWL** Bowl up the rice, and top with the meatballs, the pickled carrots, the corn, and the edamame beans. Finish with dollops of the Kewpie mayo and sprinkle over the pickled ginger. Enjoy!

Chef's Tip Reserve the pickling liquid from the pickled carrots, store it in the fridge, and use it for another meal!