



# UCCOOK

## Golden Mushroom Feast

with pickled ginger, cucumber & sesame seeds

A delicious, restaurant-style dinner! Crispy mushrooms served with vegan mayo, tart radish, pickled ginger, sesame seeds, diced cucumber, and fluffy rice.

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**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

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**Serves:** 3 People

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**Chef:** Megan Bure

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Veggie

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Waterford Estate | Waterford Pecan Stream  
Pebble Hill

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## Ingredients & Prep

300ml	Jasmine Rice <i>rinse</i>
15ml	White Sesame Seeds
120g	Corn
45ml	Lime Juice
60g	Radish <i>rinse &amp; slice into thin rounds</i>
150g	Cucumber <i>rinse &amp; roughly dice</i>
375g	Button Mushrooms <i>wipe clean &amp; roughly chop</i>
45ml	Low Sodium Soy Sauce
150ml	Mayo
22,5ml	Wasabi Powder
30g	Pickled Ginger <i>drain &amp; roughly chop</i>
2	Fresh Chillies <i>rinse, trim, deseed &amp; finely slice</i>

## From Your Kitchen

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

**1. A RICE EVENT** Place the rinsed rice in a pot with 600ml 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 of sweetener, and 15ml 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 & cucumber.

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

## Nutritional Information

Per 100g

Energy	695kj
Energy	166kcal
Protein	3.2g
Carbs	23g
of which sugars	2.6g
Fibre	1.9g
Fat	7g
of which saturated	0.5g
Sodium	238mg

## Allergens

Gluten, Sesame, Wheat, Sulphites, Soy

Eat  
Within  
3 Days