

# UCCOOK

## Sticky Gochujang Sweet Potato

with charred pineapple, pickled ginger & vegan mayo

**Hands-on Time:** 40 minutes

**Overall Time:** 55 minutes

**Veggie:** Serves 3 & 4

**Chef:** Lauren Nel

**Wine Pairing:** Stettyn Wines | Stettyn Family Range  
Babelki Brut Rosé

### Nutritional Info

	Per 100g	Per Portion
Energy	652kJ	3687kJ
Energy	156kcal	882kcal
Protein	4.2g	23.8g
Carbs	25g	139g
of which sugars	7.1g	40.1g
Fibre	3.3g	18.6g
Fat	4.6g	26.1g
of which saturated	0.3g	2g
Sodium	208mg	1178mg

**Allergens:** Gluten, Sesame, Wheat, Sulphites, Soy, Sugar  
Alcohol (Sweetener)

**Spice Level:** Mild

Eat Within 4 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
750g	1kg	Sweet Potato <i>rinse &amp; cut into bite-sized pieces</i>
300ml	400ml	Quinoa <i>rinse</i>
15ml	20ml	Black Sesame Seeds
90ml	125ml	Gochujang
90ml	125ml	Mayo
150g	200g	Peas
30ml	40ml	Low Sodium Soy Sauce
45ml	60ml	Rice Wine Vinegar
3	4	Tinned Pineapple Rings <i>drain</i>
60g	80g	Green Leaves <i>rinse</i>
60g	80g	Pickled Ginger <i>drain &amp; finely chop</i>
8g	10g	Fresh Coriander <i>rinse &amp; finely chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Seasoning (salt & pepper)  
Water

**1. OFF YOU GO!** Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

**2. FLUFFY QUINOA** Place the quinoa in a pot with 600ml [800ml] of salted water. Cover and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

**3. TOAST & MIX** 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. In a small bowl, combine the gochujang with 3 [4] tsp of water and 3 [4] tsp of oil. Set aside. Loosen the mayo with a splash of water until drizzling consistency.

**4. TIME TO GET SPICY** When the sweet potato has 10 minutes remaining, remove from the oven and coat in the gochujang (to taste). Be careful - it's spicy!

**5. SPRUCE & CHAR** Once the quinoa is cooked, stir through the peas. Add the soy sauce, the rice wine vinegar (both to taste), and seasoning. Cover and set aside. Return the pan to high heat with a drizzle of oil. When hot, fry the pineapple rings until charred, 1-2 minutes per side. Remove from the pan.

**6. FEAST!** Make a bed of green leaves and pile the edamame quinoa on top. Serve alongside the sticky gochujang sweet potato and top with the pineapple. Drizzle over the mayo and scatter over the pickled ginger. To finish, garnish with the coriander and the sesame seeds. Prepare to be wowed!