

# WCOOK

## Packs-a-punch Gochujang Fried Rice

with spicy gochujang sauce, edamame beans & black sesame seeds

**Hands-on Time:** 20 minutes

**Overall Time:** 35 minutes

**Veggie:** Serves 1 & 2

**Chef:** Megan Bure

**Wine Pairing:** Niitida | Riesling

### Nutritional Info

	Per 100g	Per Portion
Energy	370kj	2150kj
Energy	89kcal	514kcal
Protein	3.3g	19.5g
Carbs	17g	98g
of which sugars	3.3g	19.4g
Fibre	2.6g	15.1g
Fat	0.9g	5.1g
of which saturated	0.1g	0.4g
Sodium	211mg	1228mg

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

**Spice Level:** Moderate

Eat Within 3 Days



## Ingredients & Prep Actions:

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Serves 1	[Serves 2]	
75ml	150ml	Jasmine Rice <i>rinse</i>
5ml	10ml	Black Sesame Seeds
125g	250g	Button Mushrooms <i>wipe &amp; roughly slice</i>
1	1	Onion <i>peel &amp; cut ½ [1] into thin wedges</i>
10g	20g	Fresh Ginger <i>peel &amp; grate</i>
30g	60g	Kimchi <i>roughly chop</i>
20ml	40ml	Low Sodium Soy Sauce
10ml	20ml	Gochujang
120g	120g	Carrot <i>rinse, trim, peel &amp; grate ½ [1]</i>
40g	80g	Edamame Beans
1	1	Nori Sheet
3g	5g	Fresh Chives <i>rinse &amp; finely chop</i>

## From Your Kitchen

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Oil (cooking, olive or coconut)  
Seasoning (Salt & Pepper)  
Water

- 1. READY THE RICE** Place the rice in a pot with 200ml [400ml] 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 steam, 8-10 minutes. Fluff with a fork and cover.
- 2. SESAME SEEDS** 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.
- 3. MMMUSHROOMS** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mushrooms, and the onion until golden, 5-6 minutes (shifting occasionally). Remove from the pan and season.
- 4. SPICY RICE** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the ginger until softened, 1-2 minutes (shifting constantly). Add the rice, ½ the kimchi, the soy sauce, and the gochujang (to taste). Fry until combined and coated, 2-3 minutes (shifting constantly). Add the carrot, the edamame beans, and the mushroom and onion mix. Fry until warmed through but still crunchy, 2-3 minutes. Remove from the heat and season.
- 5. NORI** Place the nori sheet in a clean pan over medium heat. Toast until crispy, 30-60 seconds per side. Remove from the pan and roughly shred. Set aside.
- 6. FLAVOUR EXPLOSION** Serve up the spicy fried rice in a bowl. Garnish with the chives and the remaining kimchi. Sprinkle over the nori slices and the sesame seeds. Now, let yourself be whisked off to East Asia!