



UCOOK

Exotic Mushroom Stir-Fry

with sushi rice, pickled peppers & miso paste

Umami flavour shines under this spotlight of pickled peppers, pak choi, and mixed exotic mushies in a miso-rich, hot-and-sour sauce. Completed by sticky sushi rice with fresh coriander and a subtle ping of vinegar. Mmm!

Hands-On Time: 35 minutes

Overall Time: 60 minutes

Serves: 4 People

Chef: Alex Levett

 Vegetarian

 Haute Cabrière | Chardonnay Unwooded

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Ingredients & Prep

400ml	Sushi Rice
80ml	Rice Wine Vinegar
60g	Cashew Nuts
500g	Mixed Exotic Mushrooms <i>roughly sliced</i>
400g	Pak Choi <i>trimmed at the base</i>
3	Garlic Cloves <i>peeled & grated</i>
80ml	Miso Paste
200g	Pickled Bell Peppers <i>drained & sliced</i>
160ml	Sweet Sesame-Soy <i>(40ml Sesame Oil, 40ml Low Sodium Soy Sauce & 80ml Indonesian Soy Sauce)</i>
20g	Fresh Coriander <i>rinsed & roughly chopped</i>

From Your Kitchen

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

1. STICKY SUSHI RICE Rinse the rice under cold water until it runs clear - this prevents the rice from becoming stodgy. Place in a lidded pot, over medium-high heat with 1L of salted water. Once boiling, reduce the heat and simmer for 15-20 minutes until the water has been absorbed and the rice is tender. On completion, remove from the heat, add rice wine vinegar (to taste) and fluff up with a fork.

2. TOAST MOMENT Place the cashews in a nonstick pan large enough for the stir fry over a medium heat. Toast for 3-5 minutes until golden, shifting occasionally. Remove from the pan on completion and set aside. Roughly chop when cool enough to handle.

3. GOLDEN MUSHIES Return the pan over a high heat with a drizzle of oil. When hot, fry the sliced mushrooms for 6-7 minutes until golden, shifting as they colour. You may need to do this step in batches, adding more oil between batches if necessary. Remove from the pan on completion, season to taste, and set aside.

4. UMAMI FLAVOUR Rinse the pak choi leaves well. Slice the green, leafy parts in half lengthways and set aside. Finely slice the stems, keeping them separate from the green leaves. Return the pan to a medium heat with another drizzle of oil if necessary. When hot, fry the pak choi stems for 3-4 minutes until slightly soft, shifting regularly. Add the grated garlic and sauté for 1-2 minutes. Add the miso paste and sauté for another minute until fragrant. Reduce to a low heat and add the sliced pickled peppers, pak choi leaves, and fried mushrooms. Stir in the sesame soy and 60ml of water, and simmer for 5-6 minutes until slightly reduced, stirring occasionally. Remove from the heat on completion.

5. STIR FRY NIGHT Make a bed of sticky sushi rice and cover with the miso mushroom stir fry. Pour over the luscious sauce from the pan to your preference. Garnish with the remaining fresh coriander and the toasted cashew nuts. It's just that simple!



Chef's Tip

Mushrooms release water so avoid overcrowding the pan when frying - cook them in batches if necessary

Nutritional Information

Per 100g

Energy	668kj
Energy	160Kcal
Protein	5.8g
Carbs	25g
of which sugars	3.8g
Fibre	3.4g
Fat	4.9g
of which saturated	0.8g
Sodium	474mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Tree Nuts, Soy

Cook
within 3
Days