



UCOOK

Umami Lentil Bibimbap

with sriracha mayo, pickled veg & sesame seeds

Tantalizing flavours and an assortment of textures come together in a glorious medley of pickled vegetables, a sticky lentil and mushroom umami mixture, protein-rich quinoa, and toasted sesame seeds. Only a sriracha-kewpie mayo could make this any better...luckily for you, it's all over this tasty sensation of a dish!

Hands-On Time: 35 minutes

Overall Time: 50 minutes

Serves: 4 People

Chef: Ella Nasser

 Vegetarian

 Cavalli Estate | White Knight

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Ingredients & Prep

400ml	Red Quinoa
200g	Cucumber <i>sliced into matchsticks</i>
300g	Julienne Carrot
80g	Radish <i>sliced into thin rounds</i>
370ml	Sweet Pickling Liquid <i>(250ml Rice Wine Vinegar & 120ml Brown Sugar)</i>
60ml	Sriracha
85ml	Kewpie Mayo
20ml	Mixed Sesame Seeds
500g	Button Mushrooms <i>wiped clean & quartered</i>
480g	Lentils <i>drained & rinsed</i>
180ml	Bibimbap Sauce <i>(120ml Tamari & 60ml Sesame Oil)</i>

From Your Kitchen

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

1. POPPIN' QUINOA! Rinse the quinoa and place in a pot. Submerge in 800ml of salted water and place over a medium-high heat. Pop on a lid and bring to a simmer. Cook for 12-15 minutes until the quinoa is tender and its tails have popped out, adding more water if required during cooking. On completion, drain if necessary and return to the pot. Replace the lid and allow it to stand off the heat for at least 5 minutes.

2. PICKLE & SPICY MAYO In a bowl, add the cucumber matchsticks, julienne carrots, radish rounds and ½ of the sweet pickling liquid. Toss to combine, season to taste and set aside to pickle. In a small bowl, mix together the sriracha (to taste) and the kewpie mayo. Add water in 5ml increments until a drizzling consistency. Season to taste and set aside.

3. TOASTED SESAME! Place the sesame seeds in a pan over a medium heat. Toast for 2-4 minutes until the white ones are lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

4. STICKY UMAMI MIXTURE Place a pot over a medium heat with a drizzle of oil. When hot, fry the quartered mushrooms for 5-6 minutes until golden, shifting occasionally. You might have to do this step in batches. Stir through the rinsed lentils, bibimbap sauce, and the remaining sweet pickling liquid. Reduce the heat and simmer for 7-8 minutes until coated and slightly sticky, shifting occasionally. On completion, seasoning to taste. Remove from the heat, cover to keep warm, and set aside until serving.

5. KOREAN-STYLE FEASTING! Plate up the protein-filled quinoa, spoon over the sticky lentils and mushrooms and side with the assorted pickled vegetables alongside one another (bibimbap style!) Dollop over the sriracha mayo and sprinkle with toasted sesame seeds. Happy Feasting!



Chef's Tip

If you have any eggs lying around, make a crispy fried egg and add it to your bibimbap. Mix it all up into one big bowl of deliciousness!

Nutritional Information

Per 100g

Energy	720kj
Energy	172Kcal
Protein	6.5g
Carbs	22g
of which sugars	6g
Fibre	4.9g
Fat	4.3g
of which saturated	0.5g
Sodium	323mg

Allergens

Egg, Allium, Sesame, Sulphites, Soy

Cook
within 3
Days