



UCOOK

Vegetarian Gochujang Mushroom Bowl

with sushi rice, kewpie mayo & toasted
sesame seeds

The best buddha bowl you will ever taste, Chef! A base of sushi rice is topped with meaty mushrooms, a spicy & umami-rich Oriental sauce, pickled veg, and lightly charred bell pepper. Finish with the Kewpie mayo drizzle, toasted sesame seeds & fresh coriander.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Sarah Hewitt

Adventurous Foodie

Waterford Estate | Waterford Grenache Noir

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Ingredients & Prep

50g	Cucumber <i>rinse & cut into thin matchsticks</i>
20g	Radish <i>rinse & slice into thin rounds</i>
15ml	Lemon Juice
100ml	Sushi Rice <i>rinse</i>
5ml	Black Sesame Seeds
1	Bell Pepper <i>rinse, deseed & cut ½ into strips</i>
125g	Button Mushrooms <i>wipe clean & roughly slice</i>
1	Onion <i>peel & finely slice ½</i>
10ml	Gochujang
30ml	Oriental Sauce <i>(5ml Sesame Oil, 10ml Hoisin Sauce & 15ml Mirin)</i>
40ml	Kewpie Mayo
3g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

1. QUICK PICKLE In a bowl, combine the cucumber matchsticks, the radish rounds, and the lemon juice. Set aside to pickle. Drain just before serving, reserving the pickling liquid.

2. SUSHI RICE Place the rinsed rice in a pot with 300ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 15-20 minutes. Remove from the pot and spread on a plate. Fluff with a fork and cover.

3. TOASTED 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.

4. CHARRED PEPPERS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pepper strips until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside.

5. GOLDEN VEG & GOCHUJANG Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms and the sliced onion until golden, 5-6 minutes (shifting occasionally). Add the gochujang (to taste) and the Oriental sauce. Mix until coated. Remove from the heat and season.

6. MAYO DRIZZLE In a small bowl, loosen the mayo with the reserved pickling liquid until drizzling consistency.

7. A VEGGIE FEAST Dish up the meal buddha bowl-style! Top the sushi rice with the mushrooms & all the sauce, the pickled cucumber & radish, and the charred pepper. Drizzle over the loosened mayo. Scatter over the toasted sesame seeds and garnish with the chopped coriander.

Nutritional Information

Per 100g

Energy	487kJ
Energy	116kcal
Protein	2g
Carbs	15g
of which sugars	3.8g
Fibre	1.6g
Fat	1.7g
of which saturated	0.3g
Sodium	41mg

Allergens

Egg, Gluten, Allium, Sesame, Wheat, Sulphites, Sugar Alcohol (Xylitol), Alcohol, Soy

Eat
Within
3 Days