

QCOOK

Gochujang Mushroom Bowl

with sushi rice, kewpie mayo & toasted sesame seeds

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Veggie: Serves 3 & 4

Chef: Sarah Hewitt

Wine Pairing: Delheim Wines | Delheim Staying Alive Riesling

Nutritional Info

	Per 100g	Per Portion
Energy	500kj	3924kj
Energy	120kcal	939kcal
Protein	2.1g	16.1g
Carbs	15.8g	124.3g
of which sugars	4.3g	33.7g
Fibre	1.6g	12.6g
Fat	4.9g	38.1g
of which saturated	0.3g	2.4g
Sodium	112.8mg	885.9mg

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

Spice Level: Hot

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 3	[Serves 4]	
150g	200g	Cucumber <i>rinse & cut into thin matchsticks</i>
45ml	60ml	Lemon Juice
300ml	400ml	Sushi Rice <i>rinse</i>
15ml	20ml	Black Sesame Seeds
2	2	Bell Pepper <i>rinse, deseed & cut 1½ [2]</i>
375g	500g	Button Mushrooms <i>wipe clean & roughly slice</i>
2	2	Onions <i>peel & finely slice 1½ [2]</i>
30ml	40ml	Gochujang
90ml	120ml	Asian Sauce <i>(15ml [20ml] Sesame Oil, 30ml [40ml] Hoisin Sauce & 45ml [60ml] Mirin)</i>
60g	80g	Piquanté Peppers <i>drain</i>
125ml	160ml	Kewpie Mayo
8g	10g	Fresh Coriander <i>rinse, pick & roughly chop</i>

From Your Kitchen

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

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

2. RICE Place the rice in a pot with 900ml [1.2L] 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. SESAME 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. PEPPERS Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pepper until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

5. ASIAN SAUCE Return the pan to medium-high heat with a drizzle of oil. When hot, fry the mushrooms and the onion until golden, 6-7 minutes (shifting occasionally). Add the gochujang (to taste) and the Asian sauce. Mix until coated. Remove from the heat and season. In a small bowl, loosen the mayo with the reserved pickling liquid until drizzling consistency.

6. BOWL IT UP! Dish up the sushi rice, topped with the mushrooms, the piquanté peppers, pickled cucumber, and the pepper. Drizzle over the mayo. Scatter over the sesame seeds and garnish with the coriander.