



UCOOK

Exotic Mushroom Tempura Bowl

with pickled ginger, cucumber & sesame seeds

A delicious restaurant-style dinner! Clusters of crispy tempura exotic mushrooms served with Vegan That Mayo, tart radish, pickled ginger, sesame seeds, diced cucumber, and fluffy rice.


Hands-on Time: 20 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Thea Richter

 Veggie

 Creation Wines | Creation Cool-Climate
Chenin Blanc 2021

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Ingredients & Prep

75ml	Jasmine Rice
50g	Corn
10ml	Lime Juice
20g	Radish <i>rinsed & sliced into thin rounds</i>
50g	Cucumber <i>diced</i>
100ml	Tempura Flour
125g	Mixed Exotic Mushrooms <i>trimmed at the base & larger mushrooms roughly chopped</i>
20ml	Low Sodium Soy Sauce
30ml	That Mayo (Vegan)
10g	Pickled Ginger <i>drained & roughly chopped</i>
5ml	White Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Paper Towel
Sugar/Sweetener/Honey

1. A RICE EVENT Place the rinsed rice in a pot. Submerge in 150ml of salted water, pop on a lid, and place over medium-high heat. Once boiling, reduce the heat and simmer for 10 minutes until most of the water has been absorbed. Remove from the heat and set aside to steam with the lid on for a further 10 minutes until cooked and tender. On completion, drain if necessary, fluff up with a fork and return to the pot to keep warm until serving.

2. SO CORNY Boil the kettle for the corn. Pour 90ml of cold water into a bowl with a few ice blocks. When the water is ice-cold, remove any remaining pieces of ice. Place the corn in salted boiling water for 3-4 minutes until plumped up. Drain on completion.

3. IN A PICKLE In a bowl, add the lime juice (to taste), 5ml of a sweetener of choice, and 5ml of water. Mix until the sweetener is fully dissolved. Add the radish rounds and diced cucumber. Toss until fully coated and set aside to pickle.

4. TEMPURA TIME In a bowl, mix the flour with a pinch of salt. Slowly whisk in the ice-cold water (Don't overmix, lumps are fine in this case!). Add the trimmed mushrooms and toss until fully coated in the batter. Place a deep pan over a high heat with 2cm of oil covering the base. When hot, pick up a cluster of 5-10 battered mushrooms (don't separate the cluster of mushrooms!) and gently lower into the hot oil. Fry for 30-60 seconds, turning the cluster until golden and crispy. Remove from the pan on completion, drain on paper towel and season to taste. Repeat with the remaining mushrooms.

5. FINAL TOUCHES To the pot of cooked rice, add the soy sauce (to taste). Mix until fully combined. Place the mayo in a small bowl and add in water in 5ml increments until slightly loosened. Drain the pickling liquid from the radish and cucumber.

6. BOWLED OVER! Make a bed of the seasoned rice. Top with the pickled radish and cucumber, tempura mushrooms, corn, and drained pickled ginger. Dollop over the mayo and sprinkle over the sesame seeds. Simply stunning, Chef!



Chef's Tip

To test if the oil is hot enough, pop in a drop of batter. If it fizzes, it's ready!

Nutritional Information

Per 100g

Energy	718kJ
Energy	172kcal
Protein	4.1g
Carbs	31g
of which sugars	1.6g
Fibre	2.2g
Fat	3.1g
of which saturated	0.8g
Sodium	358mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 3
Days