



# UCCOOK

## Korean Beef Rice Bowl

with pickled cucumber, sesame oil & spicy mayo

**Hands-on Time:** 25 minutes

**Overall Time:** 40 minutes

**Fan Faves:** Serves 1 & 2

**Chef:** Thea Richter

| Nutritional Info   | Per 100g | Per Portion |
|--------------------|----------|-------------|
| Energy             | 663kJ    | 3183kJ      |
| Energy             | 158kcal  | 761kcal     |
| Protein            | 9.2g     | 44.2g       |
| Carbs              | 14g      | 67g         |
| of which sugars    | 1.6g     | 7.4g        |
| Fibre              | 1.3g     | 6.1g        |
| Fat                | 6.5g     | 31g         |
| of which saturated | 0.6g     | 2.7g        |
| Sodium             | 309mg    | 1485mg      |

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

**Spice Level:** Hot

Eat Within 4 Days

## Ingredients & Prep Actions:

| Serves 1 |       | [Serves 2]                                                                                          |
|----------|-------|-----------------------------------------------------------------------------------------------------|
| 75ml     | 150ml | Jasmine Rice<br><i>rinse</i>                                                                        |
| 15ml     | 30ml  | Rice Wine Vinegar                                                                                   |
| 50g      | 100g  | Cucumber<br><i>rinse &amp; cut into thin rounds</i>                                                 |
| 30ml     | 60ml  | Kewpie Mayo                                                                                         |
| 5ml      | 10ml  | Gochujang                                                                                           |
| 1        | 1     | Spring Onion<br><i>rinse, trim &amp; finely slice, keeping the white &amp; green parts separate</i> |
| 120g     | 120g  | Carrots<br><i>rinse, trim, peel &amp; cut ½ [all] into matchsticks</i>                              |
| 50g      | 100g  | Spinach<br><i>rinse &amp; roughly shred</i>                                                         |
| 5ml      | 10ml  | Sesame Oil                                                                                          |
| 150g     | 300g  | Beef Strips                                                                                         |
| 15ml     | 30ml  | Low Sodium Soy Sauce                                                                                |

## From Your Kitchen

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

1. **RICE & SHINE** Place the rice in a pot with 150ml [300ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, about 10 minutes. Remove from the heat and steam, 8-10 minutes. Fluff with a fork and cover.

2. **PICKLED CUCUMBER** In a bowl, combine the vinegar, 10ml [20ml] of water, and 5ml [10ml] of sweetener. Add the cucumber and toss until fully coated. Set aside to pickle.

3. **SPICY MAYO & CARROT** In a small bowl, combine the mayo and the gochujang (to taste). Loosen with water in 5ml increments until a drizzling consistency. Set aside. Place a pan over medium-high heat with a drizzle of oil. When hot, fry the spring onion whites, the carrot, and the spinach until slightly softened, 2-3 minutes (shifting occasionally). In the final minute, toss through the sesame oil and seasoning. Remove from the pan and cover.

4. **SOY-GOOD BEEF** Return the pan to high heat with a drizzle of oil. Pat the beef strips dry with paper towel. When hot, sear the beef until browned, 20-30 seconds (shifting occasionally). Add the soy sauce and 5ml [10ml] of sweetener. Remove from the pan, season, and cover.

5. **OPTIONAL EGG** Place a nonstick pan over medium-high heat with a drizzle of oil. Crack in 1 [2] egg/s and fry until cooked through to your preference. We like the yolk runny and the white just set! Remove from the heat and season. Drain the pickling liquid from the cucumber.

6. **BIBIMBAP!** Make a bed of jasmine rice. Top with the sautéed carrot and spinach, fried beef, and pickled cucumber. Top with the fried egg (if using). Drizzle over the spicy mayo (to taste) and sprinkle over the spring onion greens. Tuck in, Chef!