

UCOOK

Fusion Fried Rice

with streaky bacon, kimchi & edamame beans


This snazzy version's got flavour AND health benefits! Both gochujang and kimchi go through a fermentation process, so this dish is full of probiotic goodness. You've also got the option to finish off with a fried egg for that real fried rice feel.


Hands-On Time: 40 minutes

Overall Time: 50 minutes

Serves: 3 People

Chef: Samantha Finnegan

 Easy Peasy

 Haute Cabrière | Pierre Jourdan Blanc de Blancs

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Ingredients & Prep

225ml	Brown Basmati Rice
15ml	Mixed Sesame Seeds
170g	Button Mushrooms <i>wiped clean & roughly sliced</i>
9 strips	Streaky Pork Bacon
30g	Fresh Ginger <i>peeled & grated</i>
3	Garlic Cloves <i>peeled & grated</i>
3	Spring Onions <i>thinly sliced</i>
150g	Kimchi <i>roughly chopped</i>
45ml	Low Sodium Soy Sauce
45ml	Gochujang Paste
150g	Spinach <i>rinsed & roughly shredded</i>
150g	Edamame Beans

From Your Kitchen

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

1. BUBBLY BASMATI Rinse the rice and place in a pot over a medium-high heat. Submerge in 700ml of salted water and pop on a lid. Once boiling, reduce the heat and simmer for 25-30 minutes until most of the water has been absorbed. Keeping the lid on, remove from the heat and set aside to steam for a further 10 minutes.

2. SEEDS & PREP Place a pan or wok over a medium heat. When hot, toast the sesame seeds for 2-4 minutes until the white ones are lightly browned, shifting occasionally. Remove from the pan on completion and set aside to cool.

3. SHROOMS & BACON Return the pan or wok to a medium-high heat with a drizzle of oil. When hot, fry the mushrooms for 5-6 minutes until soft and golden, shifting as they colour. You may need to do this step in batches. Remove from the pan on completion, season, and set aside. Return the pan to the heat and fry the bacon strips for 3-4 minutes per side until crispy. Remove on completion and allow to drain on paper towel. Roughly chop when cool enough to handle.

4. A HEALTHY GUT When the rice is cooked, drain if necessary and fluff up with a fork. Return the pan or wok to a medium-high heat with a drizzle of oil. When hot, fry the grated ginger, grated garlic, and $\frac{3}{4}$ of the sliced spring onion for 2-3 minutes until softened, shifting constantly. Add the cooked rice and $\frac{1}{2}$ of the chopped kimchi. Toss through the soy sauce and gochujang to taste. Fry for 3-4 minutes until combined and coated, tossing constantly. Add the shredded spinach, edamame beans, mushrooms, and $\frac{3}{4}$ of the chopped bacon. Continue to toss for 2-3 minutes until the spinach has wilted. Season and remove from the heat.

5. OPTIONAL FRIED EGG Place a pan over a medium-high heat with a drizzle of oil. When hot, crack in one egg per person and fry until cooked through to your preference. We like the yolk runny and the white just set! Remove from the heat and season.

6. READY A BOWL! Serve up some spicy fried rice and scatter over the remaining bacon and kimchi to taste. Top with the fried eggs (if used) and sprinkle over the remaining spring onion. Finally, garnish with the toasted sesame seeds. The stuff dreams are made of!



Chef's Tip

Making kimchi involves lacto-fermentation. This gives kimchi its impressive probiotic content!

Nutritional Information

Per 100g

Energy	781kJ
Energy	187Kcal
Protein	9.2g
Carbs	19g
of which sugars	2.6g
Fibre	3.3g
Fat	8.9g
of which saturated	2.7g
Sodium	592.2mg

Allergens

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

Cook
within 2
Days