

WCOOK

Korean Venison 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

Wine Pairing: Creation Wines | Creation Syrah Grenache

Nutritional Info	Per 100g	Per Portion
Energy	653kJ	3430kJ
Energy	156kcal	820kcal
Protein	10.2g	53.7g
Carbs	14g	71g
of which sugars	1.8g	9.6g
Fibre	1.4g	7.3g
Fat	6g	31.3g
of which saturated	0.6g	3.4g
Sodium	405mg	2127mg

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 <i>rinse</i>
15ml	30ml	Rice Wine Vinegar
50g	100g	Cucumber <i>rinse & cut into thin rounds</i>
30ml	60ml	Kewpie Mayo
5ml	10ml	Gochujang
1	1	Spring Onion <i>rinse, trim & finely slice, keeping the white & green parts separate</i>
120g	240g	Carrot <i>rinse, trim, peel & cut into thin matchsticks</i>
50g	100g	Spinach <i>rinse & roughly shred</i>
5ml	10ml	Sesame Oil
150g	300g	Free-range Venison 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 & VEG 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 VENISON Return the pan to high heat with a drizzle of oil. Pat the venison strips dry with paper towel. When hot, sear the venison 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 venison, 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!