



WCOOK

Gochujang Rice & Beef Meatballs

with pickled carrots & ginger

Hands-on Time: 30 minutes

Overall Time: 40 minutes

Fan Faves: Serves 1 & 2

Chef: Jade Summers

Wine Pairing: Stettyn Wines | Stettyn Family Range
Cabernet Sauvignon

Nutritional Info	Per 100g	Per Portion
Energy	929kJ	5736kJ
Energy	222kcal	1372kcal
Protein	8.3g	51.2g
Carbs	17g	105g
of which sugars	1.9g	11.6g
Fibre	1.4g	8.9g
Fat	12.7g	78.6g
of which saturated	2.6g	16g
Sodium	228mg	1408mg

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

Spice Level: Moderate

Eat Within 3 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
100ml	200ml	White Basmati Rice <i>rinse</i>
30ml	60ml	Spicy Soy Mix <i>(2ml [4ml] Sesame Oil, 18ml [36ml] Low Sodium Soy Sauce & 10ml [20ml] Gochujang)</i>
30ml	60ml	Rice Wine Vinegar
120g	120g	Carrot <i>rinse, trim, peel ½ [1] into ribbons</i>
4	8	Beef Meatballs
40g	80g	Corn
40g	80g	Edamame Beans
50ml	100ml	Kewpie Mayo
20g	40g	Pickled Ginger <i>drain & roughly chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water
Sugar/Sweetener/Honey

1. READY THE RICE Place the rice in a pot with 200ml [400ml] of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 8-10 minutes. Remove from the heat, add the spicy soy mix (to taste), and set aside to steam, 8-10 minutes. Fluff with a fork and cover.

2. PICKLED CARROT Boil the kettle. In a bowl, combine the vinegar, 5ml [10ml] of sweetener, and seasoning. Toss through the carrot and set aside to pickle.

3. MMMEATBALLS Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 8-10 minutes, shifting as they colour. Season and remove from the pan.

4. POPS OF COLOUR Return the pan to medium-high heat with a drizzle of oil. When hot, fry the corn until lightly charred, 3-4 minutes (shifting occasionally). Remove from the pan and set aside. Submerge the edamame beans in salted boiling water until plumped up, 3-4 minutes. Drain and set aside.

5. POKE BOWL Bowl up the rice, and top with the meatballs, the pickled carrots, the corn, and the edamame beans. Finish with dollops of the Kewpie mayo and sprinkle over the pickled ginger. Enjoy!

Chef's Tip Reserve the pickling liquid from the pickled carrots, store it in the fridge, and use it for another meal!