

UCCOOK

Sticky Gochujang Sweet Potato

with charred pineapple, pickled ginger & vegan mayo

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Veggie: Serves 1 & 2

Chef: Lauren Nel

Wine Pairing: Stettyn Wines | Stettyn Family Range
Babelki Brut Rosé

Nutritional Info

	Per 100g	Per Portion
Energy	652kJ	3687kJ
Energy	156kcal	882kcal
Protein	4.2g	23.8g
Carbs	25g	139g
of which sugars	7.1g	40.1g
Fibre	3.3g	18.6g
Fat	4.6g	26.1g
of which saturated	0.3g	2g
Sodium	208mg	1178mg

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

Spice Level: Mild

Eat Within 4 Days

Ingredients & Prep Actions:

Serves 1	[Serves 2]	
250g	500g	Sweet Potato <i>rinse & cut into bite-sized pieces</i>
100ml	200ml	Quinoa <i>rinse</i>
5ml	10ml	Black Sesame Seeds
30ml	60ml	Gochujang
30ml	60ml	Mayo
50g	100g	Peas
10ml	20ml	Low Sodium Soy Sauce
15ml	30ml	Rice Wine Vinegar
1	2	Tinned Pineapple Ring/s <i>drain</i>
20g	40g	Green Leaves <i>rinse</i>
20g	40g	Pickled Ginger <i>drain & finely chop</i>
3g	5g	Fresh Coriander <i>rinse & finely chop</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (salt & pepper)
Water

1. **OFF YOU GO!** Preheat the oven to 200°C. Spread the sweet potato on a roasting tray. Coat in oil and season. Roast in the hot oven until golden, 25-30 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. **FLUFFY QUINOA** Place the quinoa in a pot with 200ml [400ml] of salted water. Cover and bring to a boil. Reduce the heat and simmer until the tails have popped out, 12-15 minutes. Remove from the heat and drain (if necessary). Set aside to steam, about 5 minutes.

3. **TOAST & MIX** Place the sesame seeds in a pan over medium heat. Toast until they pop, 2-3 minutes (shifting occasionally). Remove from the pan and set aside. In a small bowl, combine the gochujang with 1 [2] tsp of water and 1 [2] tsp of oil. Set aside. Loosen the mayo with a splash of water until drizzling consistency.

4. **TIME TO GET SPICY** When the sweet potato has 10 minutes remaining, remove from the oven and coat in the gochujang (to taste). Be careful - it's spicy!

5. **SPRUCE & CHAR** Once the quinoa is cooked, stir through the peas. Add the soy sauce, the rice wine vinegar (both to taste), and seasoning. Cover and set aside. Return the pan to high heat with a drizzle of oil. When hot, fry the pineapple ring/s until charred, 1-2 minutes per side. Remove from the pan.

6. **FEAST!** Make a bed of green leaves and pile the edamame quinoa on top. Serve alongside the sticky gochujang sweet potato and top with the pineapple. Drizzle over the mayo and scatter over the pickled ginger. To finish, garnish with the coriander and the sesame seeds. Prepare to be wowed!