

UCOOK

Bang Bang Beef & Kimchi Pancakes

with smashed cucumber

Hands-on Time: 45 minutes

Overall Time: 55 minutes

Adventurous Foodie: Serves 3 & 4

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Family Range Merlot

Nutritional Info	Per 100g	Per Portion
Energy	895kJ	4574kJ
Energy	214kcal	1094kcal
Protein	8.2g	41.8g
Carbs	11.7g	59.8g
of which sugars	4.3g	22g
Fibre	0.7g	3.4g
Fat	14.1g	72.3g
of which saturated	3.2g	16.1g
Sodium	241mg	1233mg

Allergens: Sulphites, Egg, Gluten, Wheat, Soya, Allium

Spice Level: Mild



Eat Within 3 Days

Ingredients & Prep Actions:

Serves 3 [Serves 4]

90g	120g	Kimchi <i>finely chop</i>
225ml	300ml	Flour Mix <i>(180ml [240ml] Cake Flour & 45ml [60ml] Cornflour)</i>
2	2	Spring Onions <i>rinse & finely chop</i>
12	16	Beef Meatballs
150ml	200ml	BBQ Gochujang Sauce <i>(105ml [140ml] Richard Bosman's BBQ Sauce, 22.5ml [30ml] Low Sodium Soy Sauce, 15ml [20ml] Gochujang & 7.5ml [10ml] Sesame Oil)</i>
300g	400g	Cucumber <i>rinse</i>
90ml	125ml	Rice Wine Vinegar
7.5ml	10ml	Dried Chilli Flakes
125ml	160ml	Kewpie Mayo
15ml	20ml	Black Sesame Seeds

From Your Kitchen

Oil (cooking, olive or coconut)

Seasoning (Salt & Pepper)

Water

Paper Towel

Rolling Pin

Egg/s

Sugar/Sweetener/Honey

1. KIMCHI BATTER In a bowl, combine the kimchi, flour mix, 180ml [240ml] of water, 1½ [2] eggs, spring onion, and 7.5ml [10ml] of sweetener. Mix until well combined. The batter should be pourable but slightly thick. Add water in 10ml increments if it's too thick.

2. MEATBALLS Place a pan over medium heat with a drizzle of oil. When hot, fry the meatballs until browned and cooked through, 6-8 minutes, shifting as they colour. Drain any excessive oil and add the BBQ gochujang. Simmer until combined, 1-2 minutes. Remove from the heat.

3. KIMCHI CAKES Place a clean pan over medium heat with a drizzle of oil. When hot, use a tablespoon to drop small rounds of batter into the pan. Leave space between each. Flatten slightly with the back of the spoon. (Alternatively, you can make larger pancakes if you prefer.) Cook until golden and lightly crispy, 2-3 minutes per side. Remove from the pan and drain on paper towel. You may need to warm them in the airfryer just before serving for 4-5 minutes or microwave for 1-2 minutes.

4. CUCUMBER Using a rolling pin or bottle, smash the cucumber, slice into bite-sized pieces, and add to a bowl. Mix in the vinegar, chilli flakes (to taste), toss to combine, and add seasoning.

5. DINNER IS READY Dish up the bang bang meatballs, top with dollops of the mayo, serve alongside the kimchi cakes, and the cucumber. Garnish with a sprinkle of the sesame seeds and enjoy, Chef!