



# UCOOK

## Vegetarian Gochujang Mushroom Bowl

with sushi rice, kewpie mayo & toasted  
sesame seeds

The best buddha bowl you will ever taste, Chef! A base of sushi rice is topped with meaty mushrooms, a spicy & umami-rich Oriental sauce, pickled veg, and lightly charred bell pepper. Finish with the Kewpie mayo drizzle, toasted sesame seeds & fresh coriander.

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**Hands-on Time:** 35 minutes

**Overall Time:** 50 minutes

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**Serves:** 3 People

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**Chef:** Sarah Hewitt

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Adventurous Foodie

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Waterford Estate | Waterford Grenache Noir

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## Ingredients & Prep

150g	Cucumber <i>rinse &amp; cut into thin matchsticks</i>
60g	Radish <i>rinse &amp; slice into thin rounds</i>
45ml	Lemon Juice
300ml	Sushi Rice <i>rinse</i>
15ml	Black Sesame Seeds
1	Bell Pepper <i>rinse, deseed &amp; cut into strips</i>
375g	Button Mushrooms <i>wipe clean &amp; roughly slice</i>
2	Onions <i>peel &amp; finely slice 1½</i>
30ml	Gochujang
90ml	Oriental Sauce <i>(15ml Sesame Oil, 30ml Hoisin Sauce &amp; 45ml Mirin)</i>
120ml	Kewpie Mayo
8g	Fresh Coriander <i>rinse, pick &amp; roughly chop</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water

**1. QUICK PICKLE** In a bowl, combine the cucumber matchsticks, the radish rounds, and the lemon juice. Set aside to pickle. Drain just before serving, reserving the pickling liquid.

**2. SUSHI RICE** Place the rinsed rice in a pot with 900ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until the water has been absorbed, 15-20 minutes. Remove from the pot and spread on a plate. Fluff with a fork and cover.

**3. TOASTED SEEDS** 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.

**4. CHARRED PEPPERS** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the pepper strips until lightly charred, 4-6 minutes (shifting occasionally). Remove from the pan and set aside.

**5. GOLDEN VEG & GOCHUJANG** Return the pan to medium-high heat with a drizzle of oil. When hot, fry the sliced mushrooms and the sliced onion until golden, 6-7 minutes (shifting occasionally). Add the gochujang (to taste) and the Oriental sauce. Mix until coated. Remove from the heat and season.

**6. MAYO DRIZZLE** In a small bowl, loosen the mayo with the reserved pickling liquid until drizzling consistency.

**7. A VEGGIE FEAST** Dish up the meal buddha bowl-style! Top the sushi rice with the mushrooms & all the sauce, the pickled cucumber & radish, and the charred pepper. Drizzle over the loosened mayo. Scatter over the toasted sesame seeds and garnish with the chopped coriander.

## Nutritional Information

Per 100g

Energy	487kJ
Energy	116kcal
Protein	2g
Carbs	15g
of which sugars	3.8g
Fibre	1.6g
Fat	1.7g
of which saturated	0.3g
Sodium	41mg

## Allergens

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

Eat  
Within  
3 Days