



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### PRODUCT SPOTLIGHT: MUSHROOMS

Adding mushrooms is a great way to boost the protein of the dish. Mushrooms are also one of the few natural food sources of vitamin D which is great for strong healthy teeth and bones!



# 1. SOY ASIAN GREENS

## WITH MUSHROOMS & BLACK RICE

 30 Minutes

 4 Servings

 Plant-based

Charred Asian greens and mixed gourmet mushrooms in a delicate soy broth, topped with chilli and served with black rice.

#### PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
19g	15g	60g

10 February 2020

## FROM YOUR BOX

BLACK RICE	300g
SPRING ONIONS	1/4 bunch *
RED CHILLI	1
CASHEWS	1 packet (40g)
PICKLED GINGER	1/2 jar *
GARLIC	2 cloves
ASIAN GREENS	1 bunch
BUTTON MUSHROOMS	200g
ENOKI MUSHROOMS	1 packet

\* Ingredient also used in another recipe

## FROM YOUR PANTRY

oil (for cooking), soy sauce (or tamari), maple syrup, rice wine vinegar

## KEY UTENSILS

2 saucepans, frypan

## NOTES

Use sesame oil for added flavour if you have any.

Use a shallow serving dish that will hold a sauce.



### 1. COOK THE BLACK RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender. Drain and rinse with cold water.



### 2. PREPARE THE GARNISHES

Slice spring onions and chilli. Roughly chop cashews. Set aside with pickled ginger.



### 3. MAKE THE SAUCE

Heat a small saucepan over medium heat with **1 tbsp oil** (see notes). Crush and add garlic. Add **3 tbsp soy sauce**, **2 tsp vinegar** and **1 tbsp maple syrup**. Pour in **1 cup water** and simmer for 5 minutes. Take off heat and set aside.



### 4. COOK THE ASIAN GREENS

Heat a frypan over medium-high heat with **1 tbsp oil**. Quarter Asian greens lengthways and cook in pan for 3-4 minutes until tender. Remove to a serving dish (see notes).



### 5. COOK THE MUSHROOMS

Cut button mushrooms into halves and add to pan. Trim the bottom of the enoki mushrooms. Add 1/2 of the enoki mushrooms to pan and keep 1/2 fresh. Cook for 3-4 minutes until tender. Remove to serving dish.



### 6. FINISH AND PLATE

Add remaining fresh enoki mushrooms to vegetables. Pour prepared sauce over and scatter garnishes on top. Serve with black rice.