



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: SESAME SEEDS

These tiny delicious seeds are packed with essential fatty-acids, protein, phytonutrients and many essential vitamins and minerals.

4. BULGOGI ROLLS

WITH OYSTER MUSHROOMS

 35 Minutes

 4 Servings

 Plant-based

Fresh rice paper rolls filled with Korean marinated mushrooms and salad, served with a sesame dipping sauce.

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
7g	10g	23g

2 March 2020

FROM YOUR BOX

KONJAC NOODLES	1 packet
BROWN ONION	1/2 *
OYSTER MUSHROOMS	1 punnet
SESAME SEEDS	1 packet (20g)
GARLIC	1 clove
CONTINENTAL CUCUMBER	1/2 *
PURPLE CARROTS	2
CARROT	1
SNOW PEA SPROUTS	1/3 punnet *
RICE PAPER ROUNDS	1 packet

* Ingredient also used in another recipe

FROM YOUR PANTRY

sesame oil, salt, pepper, soy sauce (or tamari), white wine vinegar (see notes), sugar (of choice)

KEY UTENSILS

frypan, kettle

NOTES

Use warm water to soak the rice paper rounds as they will soften more quickly.

Use rice wine vinegar instead of white wine vinegar if you have some.



1. PREPARE THE NOODLES

Boil the kettle. Drain noodles from packet and rinse. Place in a large bowl and cover with boiling water for 1 minute, or until tender. Drain and rinse under cold water. Set aside.



2. COOK THE ONION & MUSHROOMS

Heat a frypan over medium-high heat with **1/2 tbsp sesame oil**. Slice and add onion. Add mushrooms (trim if needed) along with 1/2 the sesame seeds and **1/2 tsp sugar**. Cook for 5 minutes until softened. Season with **salt and pepper**.



3. PREPARE THE DIPPING SAUCE

Whisk together **1/2 tsp sugar**, **1 tbsp soy sauce**, **1 tbsp sesame oil**, **1 tbsp vinegar** and **1 tbsp water**. Crush in 1 small garlic clove and stir through remaining sesame seeds.



4. PREPARE THE SALAD

Slice cucumber into batons. Ribbon or julienne carrots. Set aside with snow pea sprouts.



5. ASSEMBLE THE ROLLS

Place a clean tea towel and shallow dish of water on the table (see notes). Soak one sheet of rice paper in water for 5 seconds. Place on tea towel, leave until soft. Place fillings and mushrooms in the centre of the round. Fold in ends and roll to wrap firmly. Repeat with remaining



6. FINISH AND PLATE

Serve rice paper rolls with dipping sauce.