



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Mushrooms


Mushrooms are packed with protein, minerals and vitamins, and are in fact one of the few natural sources of vitamin D which is great for strong healthy teeth and bones!



## H2 Mushroom and Egg Congee with Garlic Oil

A flavourful mushroom and rice congee served with free-range eggs, boiled to your liking, and a garlic and chilli oil.

 30 minutes

 2 servings

 Vegetarian

11 March 2022

### Spice it up!

*2 tsp of grated ginger and the kernels from a corn cob would make a great addition to this dish. You could also add some spring onion green tops or chives for garnish.*

Per serve: **PROTEIN** 33g **TOTAL FAT** 47g **CARBOHYDRATES** 45g

## FROM YOUR BOX

GARLIC	3 cloves
BROWN ONION	1
MUSHROOMS	1 bag (150g)
BROWN RICE	1 packet (150g)
STOCK JAR	1
FREE RANGE EGGS	6 (use to taste)
KALE	1 bunch
LEMON	1

## FROM YOUR PANTRY

oil for cooking, soy sauce (or tamari), pepper, dried chilli flakes (optional)

## KEY UTENSILS

2 saucepans

## NOTES

We used sesame oil for extra flavour.

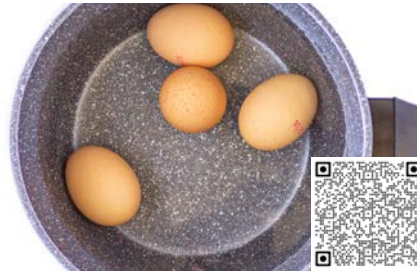
Be sure to rinse your rice in running cold water before adding it to the saucepan.

Instead of boiling the eggs, you could poach, or fry them. Boiling eggs for 5 minutes will give you soft running yolks. Cook for longer depending on your preference. Scan the QR code for tips on cooking eggs.



### 1. COOK THE GARLIC

Bring a small saucepan of water to the boil. Heat a large saucepan over medium heat with **1/4 cup oil**. Peel and slice garlic cloves, add to pan as you go. Cook, stirring, for 3-4 minutes until garlic is just golden. Remove to a bowl and stir in **2 tsp chilli flakes** (optional), set aside.



### 4. BOIL THE EGGS

Add eggs (see notes) to boiling water. Cook for 5-7 minutes or until cooked to your liking. Rinse in cold water and remove shells.



### 2. SAUTÉ THE MUSHROOMS

Reheat large saucepan over medium-high heat with **oil** (see notes). Slice onion and mushrooms. Add to pan as you go and sauté for 4-5 minutes until onion begins to soften.



### 5. ADD THE KALE LEAVES

Remove leaves from kale and chop. Add to saucepan and stir to combine. Cook for 1-2 minutes until kale is wilted. Season with **soy sauce and pepper** to taste.



### 3. ADD THE RICE

Add rice (see notes) to saucepan along with stock. Pour in **1 L water**. Cover and bring to the boil, reduce heat and simmer, partially covered for 12-15 minutes until rice is cooked.



### 6. FINISH AND SERVE

Cut lemon into wedges. Evenly divide congee among bowls. Top with boiled egg, garlic oil and lemon wedges.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

