



### Product Spotlight: Sesame Seeds

These tiny seeds contain protein, making them a great addition to your family's diet! Protein is an important building block in bones, muscles, skin and blood.



## Mushroom Bibimbap Bowl

A colourful and nourishing bowl with mixed organic quinoa, seasoned mushrooms and sesame-cooked vegetables, finished with GH Produce's unique Red Queen chilli sauce.



30 minutes



2 servings



Plant-Based

15 September 2023

### Spice it up!

*Add kimchi or fermented sauerkraut to this bowl for extra probiotics and flavour!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	13g	7g	55g

## FROM YOUR BOX

MIXED QUINOA	100g
SPRING ONIONS	1 bunch
CARROT	1
RADISHES	1 bunch
RED QUEEN SAUCE	1 bottle
BUTTON MUSHROOMS	150g
SESAME SEEDS	1 packet

## FROM YOUR PANTRY

sesame oil, pepper, soy sauce, rice wine vinegar

## KEY UTENSILS

large frypan, saucepan

## NOTES

If you prefer fresh vegetables, you can julienne or grate the carrot and keep it raw.

The Red Queen sauce is mild in heat; if you prefer even less spice, you can use 1/2 the amount and add soy sauce, vinegar and sugar to taste to make a dressing.

If you have a large frypan you can cook the spring onions and carrot at the same time.



### 1. COOK THE QUINOA

Place quinoa in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10-15 minutes or until tender. Drain and rinse. Drain quinoa for a minimum of 5 minutes or press it down in a sieve to squeeze out excess liquid.



### 2. PREPARE THE VEGETABLES

Slice spring onions into 3cm lengths. Cut carrot into batons (see notes). Thinly slice radishes. Keep separate.



### 3. PREPARE THE SAUCE

Combine **2 tbsp sesame oil** with Red Queen sauce (see notes). Set aside.



### 4. COOK THE VEGETABLES

Heat a frypan over medium-high heat with **sesame oil**. Add spring onions and cook for 2-3 minutes until tender (see notes). Remove to a plate and repeat with carrot.



### 5. COOK THE MUSHROOMS

Quarter mushrooms. Toss with **1/2 tbsp sesame oil**, **1/2 tbsp soy sauce** and **1/2 tbsp vinegar**. Reheat pan to medium-high heat and cook for 3-4 minutes until browned. Season with **pepper**.



### 6. FINISH AND SERVE

Divide quinoa among bowls. Arrange cooked and fresh vegetables on top. Serve with Red Queen sauce and a sprinkle of sesame seeds.



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