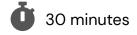






Mushroom Bibimbap Bowl

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.





4 servings



Spice it up!

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

TOTAL FAT CARBOHYDRATES

13g

45g

FROM YOUR BOX

MIXED QUINOA	200g
SPRING ONIONS	1 bunch
CARROT	1
RADISHES	1 bunch
BEAN SHOOTS	1 bag
RED QUEEN SAUCE	1 bottle
BUTTON MUSHROOMS	300g
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. Serve the bean shoots fresh.

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 with bean shoots.



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 and bean shoots.



5. COOK THE MUSHROOMS

Quarter mushrooms. Toss with 1 tbsp sesame oil, 1 tbsp soy sauce and 1 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.

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



