



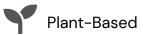


## Teriyaki Mushroom Rice Bowl

King oyster mushrooms, slightly charred and coated in a delicious Teriyaki sauce, served with nutty brown rice and stir-fried greens, then finished with a sprinkle of sesame seeds.







# Shred the mushrooms!

For smaller mushroom bites, you can use forks to shred the mushrooms. They can also be sliced into discs similar to scallops if preferred!

TOTAL FAT CARBOHYDRATES

#### FROM YOUR BOX

BROWN RICE	300g
BROCCOLINI	1 bunch
SNOW PEAS	1 bag (250g)
RED CHILLI	1
KING OYSTER MUSHROOMS	400g
GARLIC CLOVES	2
TERIYAKI SAUCE	1 jar (125ml)
MIXED SESAME SEEDS	1 packet (20g)
PICKLED GINGER	1 jar

#### FROM YOUR PANTRY

oil for cooking, salt, pepper

#### **KEY UTENSILS**

large frypan or wok, saucepan

#### **NOTES**

You can use the chilli to taste as a garnish at the end if preferred.

Protein upsize: 400g King oyster mushrooms + 125ml Teriyaki Sauce. Prepare as per step 4.



#### 1. COOK THE RICE

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



#### 2. PREPARE THE VEGETABLES

Trim and cut broccolini into thirds. Trim and halve snow peas. Deseed and slice chilli. Slice mushrooms lengthways (about 1/2 cm thick). Keep separate.



#### 3. COOK THE GREENS

Heat a frypan or wok over high heat with oil. Add greens and crush in 2 garlic cloves. Cook for 3-4 minutes until tender. Season with salt and pepper. Toss through chilli, remove and set aside (see notes). Keep pan over heat.



## 4. COOK THE MUSHROOMS

Add mushrooms and 1 tbsp teriyaki sauce to pan. Cook for 1-2 minutes each side until slightly charred. Take off heat and pour in remaining sauce.



### **5. FINISH AND SERVE**

Divide rice, mushrooms and vegetables among bowls. Garnish with sesame seeds and pickled ginger.



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