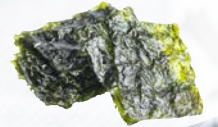





### Product Spotlight: Seaweed Snack


This crispy, paper thin snack is made with organic nori sheets. A superfood from the sea, nori is nutrient-rich, and moreishly delicious. Lightly roasted and seasoned with sea salt, this delicate seaweed snack provides 100% of the RDI of iodine.



## L4 Bibimbap Bowl with Crispy Fried Eggs

Sticky sushi rice served in a family-friendly bibimbap bowl with crunchy veggies, hearty mushrooms and crispy fried eggs, umami-rich sauce from The Ugly Mug, and crunchy sesame seaweed topping.

 25 minutes

 4 servings

 Vegetarian

15 July 2022

## Warm it up!

*To warm this dish up, stir-fry the veggies in a large frypan with the mushrooms, sesame oil and 1/2 the sauce. Serve over rice with fried eggs, remaining sauce and crispy topping.*

Per serve: **PROTEIN** 20g **TOTAL FAT** 24g **CARBOHYDRATES** 38g

## FROM YOUR BOX

SUSHI RICE	1 packet (300g)
RED CAPSICUM	1
AVOCADOS	2
SPRING ONIONS	1 bunch
CORN COB	1
GOURMET MUSHROOMS	1 packet
RAMEN MARINADE	1 sachet (100g)
FREE-RANGE EGGS	6-pack
SEAWEED SNACK	1
MIXED SESAME SEEDS	1 packet (20g)

## FROM YOUR PANTRY

sesame oil

## KEY UTENSILS

large frypan, saucepan

## NOTES

Add dried chilli flakes, to taste, to crispy topping.

**Protein upsize - 1 packet paneer cheese.** Slice and pan-fry paneer until golden. Serve with the bowls.



### 1. COOK THE RICE

Rinse sushi rice. Place in a saucepan with 450ml water. Cover and bring to the boil. Immediately reduce heat to low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.



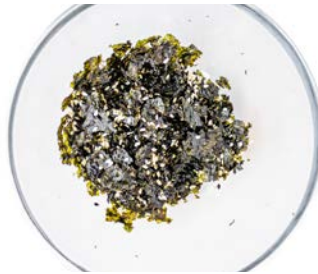
### 2. PREP THE INGREDIENTS

Thinly slice capsicum and avocados. Remove corn kernels from cob. Slice spring onions into 4cm pieces and thinly slice some green tops. Slice or roughly tear any larger mushrooms.



### 3. COOK THE MUSHROOMS

Heat a large frypan over medium-high heat with **sesame oil**. Add spring onions and mushrooms. Cook for 4-6 minutes until mushrooms are tender. Add 1 tbsp ramen marinade and cook for a further minute. Remove mushrooms and keep pan over heat.



### 4. PREPARE CRISPY TOPPING

While mushrooms are cooking, add sesame seeds to a bowl. Slice or flake in seaweed. Toss to combine (see notes).



### 5. FRY THE EGGS

Add extra **oil** to pan if necessary. Crack eggs into pan and cook to your liking.



### 6. FINISH AND SERVE

Divide rice among bowls. Add mushrooms, fresh toppings and eggs to bowl. Garnish with crispy topping and spring onion green tops.

**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)

