



Product Spotlight: Peanuts


Although peanuts have “nut” in their name, they are actually legumes. Just like their relatives peas and beans, they are edible seeds enclosed in a pod.



L4 Mushroom and Peanut Sushi Pockets

Sautéed mushrooms and peanuts served in sushi pockets with fresh salad and a zingy dipping sauce.

 30 minutes

 4 servings

 Plant-Based

4 February 2022

Switch it up!

If you don't want to make the sushi pockets, you can serve this as a sushi bowl. Add cooked rice to bowls, top with mushrooms, fresh salad and use the dipping sauce as a dressing. Thinly slice seaweed and use as garnish.

Per serve: **PROTEIN** 13g **TOTAL FAT** 21g **CARBOHYDRATES** 40g

FROM YOUR BOX

SUSHI RICE	1 packet (300g)
SPRING ONIONS	4
MUSHROOMS	1 packet (300g)
PEANUTS	1 packet (80g)
AVOCADOS	2
LEBANESE CUCUMBER	1
BABY LEAVES+BEETROOT MIX	1 bag (180g)
YAKI NORI SUSHI SHEETS	1 packet

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce, rice vinegar (see notes)

KEY UTENSILS

large frypan, saucepan

NOTES

You can use white vinegar or white wine vinegar if you don't have rice vinegar.

We used sesame oil for extra flavour.



1. COOK THE RICE

Rinse sushi rice. Place in a saucepan with 1.5 x amount of water (450ml). Cover and bring to the boil then reduce heat to low. Cook, semi-covered, for 20 minutes or until rice is tender and water is absorbed.



2. COOK THE MUSHROOMS

Heat a frypan over medium-high heat with oil (see notes). Thinly slice spring onions (reserve some green tops) and slice mushrooms. Add to pan and cook for 6-8 minutes until tender. Roughly chop peanuts and toss through. Season with 1 1/2 tbsp soy sauce and pepper.



3. MAKE THE SALAD

Thinly slice avocados and cucumber. Lightly toss in a bowl with baby leaves+beetroot mix and 1 tbsp vinegar. Cut nori sheets in half and set aside.



4. MAKE DIPPING SAUCE

In a bowl mix together 3 tbsp soy sauce, 2 1/2 tbsp vinegar and reserved spring onion green tops.



5. FORM SUSHI POCKETS

Make a work station with your cooked rice, mushrooms and nori sheets. Use wet hands to form 1/2 cupfuls of rice onto nori sheets. Top with mushrooms and fold nori sheets over filling to enclose. Repeat until all filling is used.



6. FINISH AND SERVE

Serve sushi pockets on plates with salad and dipping sauce.

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**

