



Product Spotlight: Brown Rice

What's the difference between brown and white rice? When the first outer layer, the husk of rice is removed, you get brown rice. When you further mill it and remove the bran and germ layer, then polish it, you get white rice.



Brown Rice Nori Pockets

with Ginger Dipping Sauce

Beetroot 'tuna' served with pan-fried king oyster mushrooms and fresh fillings with nutty brown rice in nori sheets with a zingy ginger dipping sauce.



30 minutes



2 servings



Plant-Based

Switch it up!

Skip making the nori pockets and turn this dish into a sushi bowl! Divide rice and pocket fillings among bowls. Drizzle over dipping sauce and finely shred nori sheets to top.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	26g	19g	64g

FROM YOUR BOX

BROWN RICE	150g
AVOCADO	1
COOKED BEETROOT	1 packet
KING OYSTER MUSHROOMS	1 packet
GINGER	1 piece
LEBANESE CUCUMBER	1
SNOW PEA SPROUTS	1 punnet
NORI SHEETS	1 packet

FROM YOUR PANTRY

oil for cooking, sesame oil, salt, pepper, rice wine vinegar, maple syrup, soy sauce (or tamari)

KEY UTENSILS

large frypan, saucepan

NOTES

Switch the avocado for mayonnaise or aioli if desired.



1. COOK THE RICE

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



2. MAKE THE BEETROOT 'TUNA'

Add 1/4 avocado (see notes) to a large bowl along with **2 tsp vinegar** and **2 tsp sesame oil**. Mash together to combine. Dice beetroots. Add to bowl and stir to combine. Season with **salt and pepper**.



3. COOK THE MUSHROOMS

Heat a frypan over medium-high heat with **oil**. Trim and quarter mushrooms. Add to pan as you go along with **1 tbsp soy sauce**. Cook for 6-8 minutes until mushrooms are tender. Season to taste with **pepper**.



4. MAKE THE DIPPING SAUCE

Peel and grate ginger. Add to a bowl along with **2 tbsp soy sauce**, **1/2 tsp maple syrup**, **1 1/2 tbsp sesame oil** and **1 1/2 tbsp rice wine vinegar**. Whisk to combine.



5. PREPARE THE FILLINGS

Thinly slice cucumber. Slice remaining avocado. Set aside with snow pea sprouts.



6. FINISH AND SERVE

Serve all elements tableside for everyone to build their own nori pockets. Dip in ginger dipping sauce.



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