

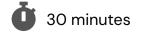


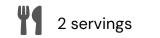


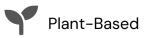
# **Korean Lentils**

# with Shiitake Mushrooms

Korean inspired lentil bowl with shiitake mushrooms served over rice alongside pickled cabbage and crunchy cucumber finished with sesame seeds and crispy shallots. Easy, nutritious and flavoursome.







# Change up the sides

You can vary the sides for this dish with ingredients like stir-fried greens, kimchi, radish, tomatoes, bean shoots or broccoli!

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

38g 27g

156g

7g

#### **FROM YOUR BOX**

BASMATI RICE	150g
RED CABBAGE	1/4
CARROT	1
LEBANESE CUCUMBER	1
GINGER	1 piece
GARLIC CLOVE	1
SHIITAKE MUSHROOMS	1 packet
TINNED LENTILS	400g
SESAME SEEDS & FRIED SHALLOT	1 packet

#### FROM YOUR PANTRY

sesame oil, salt, pepper, sugar, soy sauce, white wine vinegar

#### **KEY UTENSILS**

large frypan, saucepan

#### **NOTES**

We used brown sugar for the marinade and to pickle the salad.





#### 1. COOK THE RICE

Place rice in a saucepan, cover with **300ml water**. Bring to a boil. Cover with a lid and reduce to lowest heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.



### 2. PICKLE THE CABBAGE

Trim and thinly slice red cabbage, grate or julienne carrot. Toss with **2 tbsp vinegar**, **1tsp sugar** and a pinch of **salt**. Set aside.

Slice or dice cucumber.



#### 3. MAKE THE SAUCE

Grate ginger and crush garlic. Combine with 2 tbsp sesame oil, 3 tbsp soy sauce, 1 1/2 tbsp sugar and 3 tbsp water in a bowl (see notes). Set aside.



#### 4. COOK THE MUSHROOMS

Slice or wedge mushrooms. Heat a large frypan or wok with **sesame oil** over medium-high heat. Add mushrooms and cook for 5-7 minutes, stirring only occasionally.



## 5. ADD SAUCE AND LENTILS

Drain and rinse lentils. Add to pan along with 2/3 sauce (reserve remaining for serving). Reduce heat to medium-low and simmer for about 5 minutes. Stir only as necessary to prevent mashing the lentils.



#### 6. FINISH AND SERVE

Serve Korean lentils over basmati rice alongside pickled cabbage and sliced cucumbers. Sprinkle with sesame seed mix to taste and drizzle reserved sauce over the top.

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



