



Product Spotlight: Red Cabbage

Red cabbage is packed with antioxidants – especially anthocyanins, the same compounds that give blueberries their deep colour. It's not just pretty, it's powerful!



Korean Lentils with Gourmet Mushrooms

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



30 minutes



4 servings



Plant-Based

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
	19g	16g	58g

FROM YOUR BOX

BASMATI RICE	300g
RED CABBAGE	1/4
CARROTS	2
LEBANESE CUCUMBERS	2
GINGER	1 piece
GARLIC CLOVES	2
GOURMET MUSHROOMS	2 packets
TINNED LENTILS	2 x 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 **600ml 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 **carrots**. Toss with **2 tbsp vinegar**, **1 tsp sugar** and a pinch of **salt**. Set aside.

Slice or dice **cucumbers**.



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 chop **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.



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