




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 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.

 30 minutes

 4/6 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 |
|-------------|---------|-----------|---------------|
| 4/6 Person: | 25g/21g | 7g | 93g/88g |

FROM YOUR BOX

| | 4 PERSON | 6 PERSON |
|------------------------------|-----------|-------------|
| BASMATI RICE | 300g | 300g + 150g |
| RED CABBAGE | 1/4 | 2 x 1/4 |
| CARROTS | 2 | 3 |
| LEBANESE CUCUMBERS | 2 | 3 |
| GINGER | 1 piece | 1 piece |
| GARLIC CLOVES | 2 | 3 |
| SHIITAKE MUSHROOMS | 2 packets | 3 packets |
| TINNED LENTILS | 2 x 400g | 2 x 400g |
| SESAME SEEDS & FRIED SHALLOT | 1 packet | 2 packets |

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.



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1. COOK THE RICE

Place **rice** in a saucepan and cover with **600ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10-15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

6P - cover rice with 900ml water.



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.



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**.

6P - toss cabbage & carrots with 3 tbsp vinegar, 1 1/2 tsp sugar and a pinch of salt.



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**.



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.

6P - combine with 3 tbsp sesame oil, 4 tbsp soy sauce, 2 tbsp sugar and 4 tbsp water in a bowl (see notes).



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 **0440 132 826** or send an email to **hello@dinnertwist.com.au**

