



### Product Spotlight:

Traditionally from Japan, this salty ingredient is made from fermented soy beans (or rice / barley) that are ground into a thick paste. It has a savoury, umami flavour and comes in a variety of shades from light to dark.



## Peanut Miso Chickpea Stack

Layers of nutty rice, creamy peanut-miso chickpeas, fresh vegetables and avocado, finished with peanuts, a meal that tastes as good as it looks.



35 minutes



Plant-Based



2 servings

### Spice it up!

*For neater stacks use an egg ring or small bowl to layer the rice and toppings, then lift it off for a clean, café-style presentation.*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	29g	68g

## FROM YOUR BOX

BROWN RICE	150g
LEBANESE CUCUMBER	1
SPRING ONIONS	1 bunch
CARROT	1
AVOCADO	1
LIME	1
WHITE MISO PASTE	50ml
PEANUT BUTTER	2 tubs
CHICKPEAS	400g
FRIED SHALLOT + PEANUT MIX	30g

## FROM YOUR PANTRY

sesame oil, salt, pepper, maple syrup

## KEY UTENSILS

saucepan

## NOTES

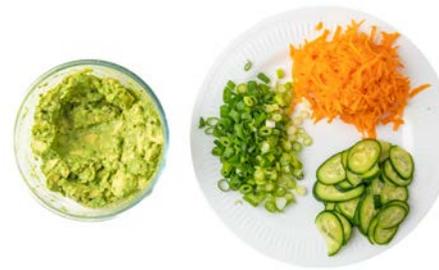
Turn it into a bowl by serving the sesame rice as a base, spoon over chickpea mixture, add vegetables, top with peanut & sesame mix and garnish with spring onion green tops.

To spice it up, add dried chilli flakes or a drizzle of chilli oil.



### 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. PREPARE THE INGREDIENTS

Thinly slice **cucumber** and **spring onions** (reserve some green tops for garnish). Grate **carrot**. Roughly chop **avocado**, add to a bowl and roughly mash. Season with **salt and pepper**.



### 3. MAKE THE SAUCE

Add **2 tsp lime zest** to a bowl along with **juice** from **1/2 lime** (wedge remaining), **miso paste**, **peanut butter**, and **1/2 tsp maple syrup**. Whisk until smooth.



### 4. MASH THE CHICKPEAS

Drain **chickpeas**. Add to a bowl along with **spring onions**. Use a potato masher or fork to mash **chickpeas** to semi-smooth consistency. Add **sauce** and mix to combine. Season to taste with **salt and pepper**.



### 5. DRESS THE RICE

Return **rice** to saucepan. Add **2 tbsp sesame oil** and mix to combine. Season to taste with **salt and pepper**.



### 6. FINISH AND SERVE

Roughly chop **peanut & sesame mix** if desired. Divide **rice** among plates (see notes). Stack **grated carrot**, **mashed chickpeas**, **avocado** and **cucumber**. Garnish with **fried shallot & peanut mix** and **spring onion green tops**.

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