



Product Spotlight: Chickpea Flour

Chickpea flour, also known as besan flour, is popular in Asian and Indian cuisine. It is high in protein, iron and fibre.



Tempura Mushrooms with Sesame Sushi Rice Balls

Easy to achieve tempura mushrooms served with fresh and crunchy vegetables, pickled ginger, ramen marinade and sesame seed sushi rice balls.



30 minutes



2 servings



Plant-Based

Speed it up!

Skip making the sushi rice balls. Simply add cooked sushi rice to bowls, top with remaining elements and sprinkle over sesame seeds to garnish.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	16g	21g	97g

FROM YOUR BOX

SUSHI RICE	150g
LEBANESE CUCUMBER	1
AVOCADO	1
PURPLE CARROT	1
CHICKPEA FLOUR MIX	1 packet
OYSTER MUSHROOMS	1 packet
MIXED SESAME SEEDS	20g
RAMEN MARINADE	50g
PICKLED GINGER	1 jar

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan, saucepan

NOTES

For extra flavour, pickle the cucumber slices.

Allow excess batter to drop off mushrooms back into the bowl before adding them to the frypan. Cook mushrooms in batches if necessary.

If you have keen helpers in the kitchen, now is their time to shine! Get them rolling the balls of sushi rice to help speed up the process.

Chickpea flour mix: chickpea flour, bi carb soda.



1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **350ml water**. Cover and bring to a boil. Reduce heat immediately to medium-low. Cook, semi-covered, for 20 minutes until rice is tender and water is absorbed.



2. PREPARE FRESH ELEMENTS

Thinly slice **cucumber** (see notes) and **avocado**. Grate **carrot** (use to taste).



3. PREPARE THE TEMPURA

Add **chickpea flour mix** to a large bowl. Pour in **1/3 cup water**. Season with **salt and pepper**. Whisk to combine. Add **mushrooms** to the bowl and toss in tempura mixture to coat.



4. COOK THE MUSHROOMS

Heat a large frypan over medium-high heat. Cover base of pan with **oil**. Place **mushrooms** (see notes), one at a time, into the pan. Cook for 2-3 minutes each side until golden. Remove mushrooms to a plate lined with paper towel and repeat with remaining.



5. ROLL THE RICE BALLS

Sprinkle **sesame seeds** onto a plate. Use clean, wet hands to roll tablespoonfuls of **rice** into balls (see notes). Roll the balls in sesame seeds to coat.



6. FINISH AND SERVE

Divide **sesame sushi balls** among shallow bowls. Add **fresh elements** and **tempura mushrooms**. Serve with **ramen marinade** and **pickled ginger**.

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