



Product Spotlight: Brown Rice

What's the difference between brown and white rice? When the outer layer, the husk, is removed, you get brown rice. When you further mill it and remove the bran and germ layer, then polish it, you get white rice.



Teriyaki Mushroom Rice Bowl

King oyster mushrooms, slightly charred and coated in a delicious Teriyaki sauce, served with nutty brown rice and stir-fried greens, then finished with a sprinkle of sesame seeds.



25 minutes



2 servings



Plant-Based

Shred the mushrooms!

For smaller mushroom bites, you can use forks to shred the mushrooms. They can also be sliced into discs similar to scallops if preferred!

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	9g	97g

FROM YOUR BOX

BROWN RICE	150g
BROCCOLINI	1 bunch
SNOW PEAS	150g
RED CHILLI	1
KING OYSTER MUSHROOMS	400g
GARLIC CLOVE	1
TERIYAKI SAUCE	1 jar
MIXED SESAME SEEDS	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan or wok, saucepan

NOTES

You can use the chilli to taste as a garnish at the end if preferred.

Protein upsize: 400g King oyster mushrooms + 125ml Teriyaki Sauce. Prepare as per step 4.



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1. COOK THE RICE

Place **rice** in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. PREPARE THE VEGETABLES

Trim and cut **broccolini** into thirds. Trim and halve **snow peas**. Deseed and slice **chilli**. Slice **mushrooms** lengthways (about 1/2 cm thick). Keep separate.



3. COOK THE GREENS

Heat a frypan or wok over high heat with **oil**. Add greens and crush in **garlic clove**. Cook for 3–4 minutes until tender. Season with **salt and pepper**. Toss through chilli, remove and set aside (see notes). Keep pan over heat.



4. COOK THE MUSHROOMS

Add mushrooms and **1 tbsp teriyaki sauce** to pan. Cook for 1–2 minutes each side until slightly charred. Take off heat and pour in remaining sauce.



5. FINISH AND SERVE

Divide rice, mushrooms and vegetables among bowls. Garnish with **sesame seeds**.

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**

