



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 and sesame seeds, a meal that tastes as good as it looks.

 35 minutes

 Plant-Based

 4/6 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
4/6 Person:	22g/27g	32g/38g	74g/86g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN RICE	300g	300g + 150g
LEBANESE CUCUMBERS	2	3
SPRING ONIONS	1 bunch	2 bunches
CARROTS	2	2
AVOCADOS	2	3
LIME	1	2
WHITE MISO PASTE	50ml	2x 50ml
PEANUT BUTTER	3 tubs	3 tubs
CHICKPEAS	2x 400g	3x 400g
PEANUT + SESAME SEED MIX	70g	70g + 35g

FROM YOUR PANTRY

sesame oil, salt, pepper, maple syrup

KEY UTENSILS

saucepan

NOTES

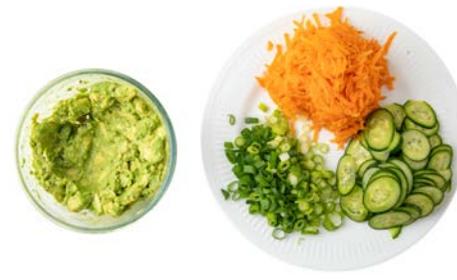
Turn it into a bowl by serving the sesame rice as a base, spoon over chickpea mixture, add vegetables, top with peanut & sesame mix and garnish with spring onion green tops.

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



3. MAKE THE SAUCE

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

6P – add zest from **1 1/2 lime**, juice from **1 lime**, **1 1/2 tubs miso** and **2 tsp maple syrup**.



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 **3 tbsp sesame oil** and mix to combine. Season to taste with **salt and pepper**. **6P** – add **4 tbsp sesame oil**.



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 **peanut & sesame mix** and **spring onion green tops**.

How did the cooking go? Share your thoughts via **My Recipes** tab in your **Profile** and leave a review.
Something not right? Text us on **0440 132 826** or email **hello@dinnertwist.com.au**

