



**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, paired with nutty brown rice and stir-fry greens. Finished with a sprinkle of sesame seeds.

25 minutes    4/6 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** 19g    **TOTAL FAT** 11g    **CARBOHYDRATES** 82g

## FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN RICE	300g	300g + 150g
BROCCOLINI	1 bunch	2 bunches
SNOW PEAS	250g	250g + 150g
RED CHILLI	1	1
KING OYSTER MUSHROOMS	400g	2 x 400g
GARLIC CLOVES	2	3
TERIYAKI SAUCE	3 sachets	4 sachets
MIXED SESAME SEEDS	1 packet	2 packets
PICKLED GINGER	1 jar	1 jar

## FROM YOUR PANTRY

oil for cooking, pepper

## KEY UTENSILS

large frypan or wok, saucepan

## NOTES

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



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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.



### 4. COOK THE MUSHROOMS

Add **1 tbsp oil**, **mushrooms** and **1 sachet teriyaki sauce** to pan. Cook for 1-2 minutes each side until golden. Take off heat and add in remaining **2 sachets teriyaki sauce**.

**6P** - add **1 tbsp oil**, **mushrooms** and **2 sachets teriyaki sauce** to pan. Add remaining sachets after taking off heat.



### 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.



### 5. FINISH AND SERVE

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



### 3. COOK THE GREENS

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

**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**

