





# **Product Spotlight:** Mushrooms

Button mushrooms start as small, closed caps with tightly packed gills. As they grow, the caps open up, revealing the gills underneath and giving them their button-like appearance, hence the name 'button mushroom'.



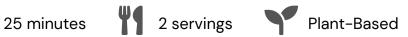
# **Sweet Chilli Rainbow Crunch Bowl**

# with Golden Mushrooms

A vibrant crunchy salad bowl of cabbage, cucumber, capsicum and mint served with a sweet chilli tahini dressing and topped with chickpea battered mushroom nuggets.







# Make extral

The salad in this bowl can be tossed with noodles to make extra serves! Stretch out the dressing with some soy sauce and sesame oil if needed.

TOTAL FAT CARBOHYDRATES

24g

#### **FROM YOUR BOX**

| GREEN CABBAGE       | 1/4      |
|---------------------|----------|
| MINT                | 1 packet |
| BEETROOT            | 1        |
| RED CAPSICUM        | 1        |
| LEBANESE CUCUMBER   | 1        |
| LIME                | 1        |
| HARVEST DRESSING    | 100g     |
| CHICKPEA BATTER MIX | 1 packet |
| BUTTON MUSHROOMS    | 200g     |
| SESAME SEEDS        | 1 packet |
|                     |          |

#### FROM YOUR PANTRY

oil for cooking, salt, sweet chilli sauce

#### **KEY UTENSILS**

large frypan

#### **NOTES**

You can substitute the sweet chilli sauce with a nut butter instead! Add more water or lime juice if needed to loosen the dressing.

We find it easier to use one pair of tongs to add the battered mushrooms to the pan and another pair to turn them.

Chickpea batter mix: chickpea flour, bi-carb soda.



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#### 1. PREPARE THE SALAD

Chop cabbage and mint leaves. Grate beetroot. Dice capsicum and cucumber. Keep separate.



#### 2. PREPARE THE DRESSING

Combine juice from 1/2 lime (wedge remaining) with harvest dressing, 1/4 cup sweet chilli sauce and 1/4 cup water (see notes). Set aside.



#### 3. PREPARE THE MUSHROOMS

Whisk together batter mix with 1/2 cup water. Season with salt. Halve mushrooms and add to batter to coat.



### 4. COOK THE MUSHROOMS

Heat a frypan over medium-high heat. Cover base with **oil**. One at a time, place mushrooms into pan (cook in batches). Cook for 1-2 minutes each side until golden and cooked through (see notes). Set aside on paper towel to drain. Repeat with remaining.



## **5. FINISH AND SERVE**

Divide salad components among bowls and drizzle with dressing. Top with mushrooms, lime wedge and sprinkle 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



