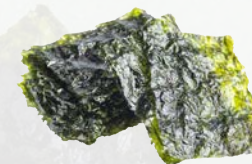




Product Spotlight: Nori (Seaweed)

Nori is a dried seaweed rolled into sheets and roasted. It is a powerhouse of essential nutrients and a wonderful dietary inclusion.



Beetroot Sashimi Poke with Sesame Chilli Cluster

Time saving pre-cooked beetroot diced and tossed with vegan mayonnaise, served over sticky sushi rice, with fresh toppings and torn seaweed sheets, topped with peanut, mixed seed and chilli cluster mix.



30 minutes



2 servings



Plant-Based

Bulk it up!

To bulk up this dish, add pan-fried tofu or tempeh, sautéed mushrooms, diced roast pumpkin, crispy chickpeas or edamame beans.

Per serve: **PROTEIN** 17g **TOTAL FAT** 29g **CARBOHYDRATES** 36g

FROM YOUR BOX

SUSHI RICE	150g
SHALLOT	1
AVOCADO	1
LEBANESE CUCUMBER	1
CARROT	1
PEANUT SESAME CHILLI CLUSTER MIX	1 packet
PRECOOKED BEETROOT	1 packet
VEGAN MAYONNAISE	100g
SEAWEEED SNACK	1 packet

FROM YOUR PANTRY

oil for cooking, salt, pepper, white vinegar, sugar of choice

KEY UTENSILS

frypan, saucepan

NOTES

For extra flavour; season sushi rice with white vinegar (or rice wine vinegar), a pinch of sugar and salt.

Use a non-metallic bowl to pickle. Metal bowls can react with the pickling liquid and leave a metallic taste.

Season final dish with soy sauce, chilli oil or pepper if desired.

Peanut Sesame Chilli Cluster Mix: peanuts, mixed sesame seeds, mixed quinoa, dried chilli flakes, pepitas, coconut sugar



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 (see notes).



2. PICKLE THE SHALLOT

In a non-metallic bowl (see notes) whisk together **3 tbsp vinegar**, **2 tbsp water**, **1 tsp salt** and **1 tsp sugar**. Thinly slice shallot and add to bowl. Set aside.



3. PREPARE THE TOPPINGS

Slice **avocado** and **cucumber**. Grate **carrot**.



4. MAKE THE CLUSTER MIX

Heat a large frypan over medium heat with **1 tbsp oil**. Add **cluster mix** and peanuts cook for 3-4 minutes until toasted. Set aside on a lined plate to cool. Season lightly with **salt** if desired.



5. MAKE BEETROOT SASHIMI

Dice **beetroot**. Add to a bowl along with **vegan mayonnaise**. Mix to combine.



6. FINISH AND SERVE

Drain pickled shallot.

Divide rice among bowls. Add toppings, pickled shallot and beetroot sashimi. Sprinkle over cluster mix and add roughly torn **seaweed sheets** (see notes).

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**

