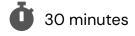






Mushroom & Edamame Sushi Bowl

A fresh and colourful bowl layered with fluffy sushi rice, garlicky sautéed mushrooms, crunchy vegetables, creamy avocado, and sesame-peanut toppings. A fun, fresh and vibrant way to bring sushi-bowl flavours to your weeknight dinner.







Switch it up!

Serve the rice cooled for a refreshing sushi-salad style bowl, ideal for warm weather.

TOTAL FAT CARBOHYDRATES 52g

FROM YOUR BOX

SUSHI RICE	150g
LEBANESE CUCUMBER	1
CARROT	1
AVOCADO	1
PEANUT + SESAME SEED MIX	35g
BUTTON MUSHROOMS	150g
GARLIC CLOVE	1
SEAWEED SNACK	1 packet
EDAMAME BEANS	125g
VEGAN MAYONNAISE	1 sachet

FROM YOUR PANTRY

sesame oil, pepper, soy sauce (or tamari)

KEY UTENSILS

frypan, saucepan

NOTES

Marinate whole mushrooms in crushed garlic and soy sauce then BBQ on skewers for a smoky, yakitori-style twist.





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.





2. PREPARE THE TOPPINGS

Crescent **cucumber**, dice **avocado** and use a vegetable peeler to julienne **carrot**. Add **peanut and sesame seed mix** to a bowl. Thinly slice **seaweed**, add to bowl and mix to combine.

3. MIX THE EDAMAME BEANS

Drain edamame beans. Add to a bowl along with 2 tsp sesame oil. Season with salt and pepper and mix to combine.



4. COOK THE MUSHROOMS

Quarter mushrooms (see notes) and crush garlic, set aside. Heat a frypan over medium-high heat with sesame oil. Add mushrooms and garlic. Cook for 3-5 minutes until browned. Add 1 tsp soy sauce, cook for further 1 minute until soy sauce has evaporated. Season to taste with soy sauce and pepper.



5. FINISH AND SERVE

Divide rice among bowls. Add mushrooms, cucumber, avocado, carrot and edamame beans. Drizzle over mayonnaise and top with peanut, sesame and seaweed mix.

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