



**Product Spotlight:  
Edamame Beans**

Edamame pack more protein than an egg, making them a tiny-but-mighty choice for both meals and snacks. Their creamy texture and nutty flavour, so they are nutritious and delicious.



# 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.



30 minutes



Plant-Based



2 servings

## Switch it up!

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

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	21g	35g	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**.



Scan the QR code to  
submit a Google review!

**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 **0448 042 515** or email **hello@dinnertwist.com.au**

