





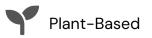
Quinoa and Mushroom

Sushi Rolls

Fresh, filling and delicious: mixed organic quinoa, rolled up with pan-fried button mushrooms, crunchy cucumber, snow pea sprouts and fresh avocado, served with a teriyaki and sesame seed dipping sauce.







Get involved!

Get everyone involved to make the sushi rolls! Many hands make light work!

PROTEIN TOTAL FAT CARBOHYDRATES

24g

74g

FROM YOUR BOX

MIXED ORGANIC QUINOA	100g
BUTTON MUSHROOMS	150g
GARLIC CLOVE	1
LEBANESE CUCUMBER	1
SNOW PEA SPROUTS	1 packet
AVOCADO	1
TERIYAKI SAUCE	1 packet
MIXED SESAME SEEDS	1 packet
NORI SHEETS	10-pack

FROM YOUR PANTRY

sesame oil, pepper, soy sauce (or tamari), rice wine vinegar

KEY UTENSILS

frypan, saucepan

NOTES

Substitute rice wine vinegar with white wine vinegar, white vinegar or apple cider vinegar.

For those who like is hot, add a pinch of dried chilli flakes or wasabi to your dipping sauce!

Place nori sheets shiny side down on your bench.





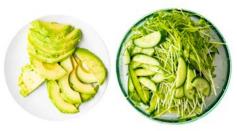
1. COOK THE QUINOA

Place **quinoa** in a saucepan and cover with plenty of water. Bring to a boil and simmer for 10–15 minutes or until tender. Drain and rinse. Drain quinoa for at least 5 minutes or press it down in a sieve to squeeze out the excess liquid.



2. COOK THE MUSHROOMS

Heat a frypan over medium-high heat with oil. Slice mushrooms and crush garlic. Add to pan as you go with 2 tsp soy sauce. Cook for 5-7 minutes until mushrooms are tender. Season with pepper.



3. PREPARE THE FILLINGS

Crescent cucumber. Toss with sprouts and 1 tbsp vinegar (see notes). Slice avocado.



4. MAKE THE DIPPING SAUCE

Add teriyaki sauce to a bowl with sesame seeds, 1 tbsp sesame oil and 1 tbsp water (see notes). Whisk to combine.



5. ROLL THE SUSHI

Lay a **nori** on a dry surface (see notes). Add even amounts of quinoa, mushroom and filling on the bottom third of the nori sheet. Gently but firmly, roll the edge closest to you towards the centre of the nori sheet until fully rolled up. Dab the top edge with water to seal. Repeat with remaining filling and sheets.



6. FINISH AND SERVE

Halve or slice sushi rolls. Serve with extra filling on the side and dipping sauce.

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



