



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.



25 minutes



2 servings



Plant-Based

Make extra!

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.

Per serve: **PROTEIN** 24g **TOTAL FAT** 14g **CARBOHYDRATES** 77g

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 wedges and sprinkle with **sesame seeds**.

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