



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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



4/6 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** 6g **TOTAL FAT** 24g **CARBOHYDRATES** 82g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
SHALLOT	1	2
AVOCADOS	2	3
LEBANESE CUCUMBERS	2	3
CARROT	1	2
PEANUT SESAME CHILLI CLUSTER MIX	1 packet	2 packets
PRECOOKED BEETROOT	2 packets	2 packets
VEGAN MAYONNAISE	2 x 100g	2 x 100g
SEAWEED SNACK	1 packet	2 packets

## 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,*



### 1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **650ml 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).

**6P** – place rice in a saucepan with 975ml water.



### 4. MAKE BEETROOT SASHIMI

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



### 2. PREPARE THE TOPPINGS

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.

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



### 5. 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).



### 3. MAKE THE CLUSTER MIX

Heat a large frypan over medium heat with **1 1/2 tbsp oil**. Add **cluster mix** and cook for 3-4 minutes until toasted. Set aside on a lined plate to cool. Season lightly with **salt** if desired.

**6P** – add 2 1/2 tbsp oil to pan along with **cluster mix**.

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