



### Product Spotlight: Organic Mixed Quinoa

Quinoa is gluten-free, high in protein and one of the only plant foods to contain all nine essential amino acids.



## 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.



30 minutes



4 servings



Plant-Based

## Get involved!

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

Per serve: **PROTEIN** 18g **TOTAL FAT** 21g **CARBOHYDRATES** 59g

## FROM YOUR BOX

MIXED ORGANIC QUINOA	200g
BUTTON MUSHROOMS	300g
GARLIC CLOVES	2
LEBANESE CUCUMBERS	2
SNOW PEA SPROUTS	1 packet
AVOCADOS	2
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 it hot, add a pinch of dried chilli flakes or wasabi to your dipping sauce!

Place nori sheets shiny side down on your bench.



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### 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 **1 tbsp soy sauce**. Cook for 5–7 minutes until mushrooms are tender. Season with **pepper**.



### 3. PREPARE THE FILLINGS

Crescent **cucumbers**. Toss with **sprouts** and **1 1/2 tbsp vinegar** (see notes). Slice **avocados**.



### 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, mushrooms and filling to 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**

