



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED



### 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



4/6 servings

## Switch it up!

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

Per serve :	<b>PROTEIN</b>	<b>TOTAL FAT</b>	<b>CARBOHYDRATES</b>
	21g	36g	53g

## FROM YOUR BOX

	4 PERSON	6 PERSON
SUSHI RICE	300g	300g + 150g
LEBANESE CUCUMBERS	2	3
CARROTS	2	3
AVOCADOS	2	3
PEANUT + SESAME SEED MIX	70g	70g + 35g
BUTTON MUSHROOMS	300g	300g + 150g
GARLIC CLOVES	2	3
SEAWEED SNACK	1 packet	2 packets
EDAMAME BEANS	2x 125g	3x 125g
VEGAN MAYONNAISE	2 sachets	3 sachets

## 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 **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.

**6P – cover rice with 950ml water.**



### 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 **2 tsp soy sauce**, cook for further 1 minute until **soy sauce** has evaporated. Season to taste with **soy sauce** and **pepper**.

**6P – add 3 tsp soy sauce.**



### 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 **1 tbsp sesame oil**. Season with **salt and pepper** and mix to combine.

**6P – add 1 1/2 tbsp sesame oil to edamame beans.**



### 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**.



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