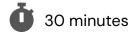




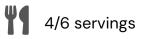


## Mushroom & Edamame Sushi Bowl

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.







# Switch it up!

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

TOTAL FAT CARBOHYDRATES

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.

