



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Brown Rice

Brown rice is wholegrain rice with the inedible outer hull removed. It has a delicious, nutty taste and comes with many health benefits!



## 3 Korean Mushroom Bowl

A wholesome bowl of nutty brown rice, topped with fresh salad and baby king oyster mushrooms, all finished with a sweet and savoury soy dressing.

 30 minutes

 4 servings

 Plant-Based

1 February 2021

*Mix it up!*

*If you prefer a warmer meal, you can transform this dish into a fried rice! Add all the vegetables into the frypan and stir fry with cooked rice and sauce.*

Per serve: **PROTEIN** 13g **TOTAL FAT** 7g **CARBOHYDRATES** 64g

## FROM YOUR BOX

BROWN RICE	300g
LEBANESE CUCUMBER	1
CARROTS	2
SHREDDED RED CABBAGE	1/2 bag (200g) *
SESAME SEEDS	1 packet (20g)
SPRING ONIONS	1/4 bunch *
BABY KING OYSTER MUSHROOMS	2 packets

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

sesame oil, sugar (brown or of choice), soy sauce (or tamari), white wine (or rice wine vinegar), pepper

## KEY UTENSILS

large frypan, saucepan

## NOTES

If you have rice wine vinegar you can use that in the dressing instead of white wine vinegar.



### 1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to the boil and simmer for 15–20 minutes or until tender. Drain and rinse.



### 2. PREPARE THE TOPPINGS

Deseed and slice cucumber into crescents. Julienne or grate carrots. Set aside with cabbage.



### 3. MAKE THE DRESSING

Combine **1/2 tbsp sugar**, **2 tbsp soy sauce**, **1/2 tbsp vinegar** and **1/2 tbsp sesame oil** in a small bowl (see notes). Stir until sugar dissolves.



### 4. TOAST THE SEEDS

Add sesame seeds to a dry frypan over medium heat. Toast for 2–3 minutes until golden. Remove and set aside.



### 5. COOK THE MUSHROOMS

Slice spring onions and halve any large mushrooms. Reheat frypan over medium-high heat with **1/2 tbsp sesame oil**. Add spring onions and mushrooms to pan and cook for 5 minutes until tender. Season with **soy sauce** and **pepper**.



### 6. FINISH AND PLATE

Divide rice, mushrooms and toppings among bowls. Spoon over dressing to taste. Garnish with sesame seeds.

**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**

