



DINNER TWIST  
LOCAL, HEALTHY, DELIVERED




### Product Spotlight: Oranges


Oranges originated around 4000 BC in Southeast Asia, and then spread into India. There are now over 600 varieties of oranges worldwide.



## 1 Sushi Bowl with Baby King Oyster Mushrooms

Nutty black rice with savoury spring onion pancake, fresh vegetables, zingy dressing and crunchy seaweed topping.

 35 mins

 4 servings

 Plant-Based

16 July 2021

### Spice it up!

*A drizzle of sambal oelek or chilli flakes over the top of your finished dish would make a great addition.*

Per serve: **PROTEIN** 23g **TOTAL FAT** 21g **CARBOHYDRATES** 99g

## FROM YOUR BOX

BLACK RICE	300g
GINGER	1 piece
ORANGE	1
AVOCADOS	2
RADISHES	1/2 bunch *
SPRING ONIONS	1/2 bunch *
PANCAKE BASE	1 packet
BABY KING OYSTER MUSHROOMS	1 packet
KALE SLAW MIX	1/2 bag (200g) *
SEAWEED	2 packets

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, sesame oil, pepper, soy sauce (or tamari)

## KEY UTENSILS

large frypan, saucepan

## NOTES

The pancake base is chickpea flour and flaxseeds.

We used sesame oil to cook the mushrooms for extra flavour.



### 1. COOK THE RICE

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



### 2. MAKE THE DRESSING

Peel and grate ginger, add to a bowl with orange juice, **2 tbsp sesame oil**, **1 tbsp soy sauce and pepper**, whisk together.



### 3. PREPARE INGREDIENTS

Slice the avocados, radishes and spring onion green tops (reserve remaining).



### 4. MAKE THE PANCAKE

Add the pancake base to a mixing bowl with **1/4 cup water**. Slice remaining spring onions and mix into bowl. Heat a frypan over medium-high heat with **oil**. Pour in pancake mix and cook for 4–5 minutes. Remove from pan and cut into thin slices.



### 5. COOK THE MUSHROOMS

Reheat frypan over medium-high heat with **oil** (see notes). Add in whole mushrooms, cook for 5–8 minutes until tender.



### 6. FINISH AND PLATE

To build the sushi bowl add rice to a bowl, top with cooked mushrooms, kale slaw, avocado and thin slices of pancake. Drizzle over dressing, garnish with spring onion and seaweed (slice or crumble if desired).

**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**

