



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**

