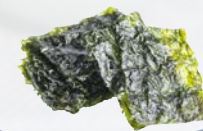




Product Spotlight: Seaweed Snack

This crispy, paper thin snack is made with organic nori sheets. A superfood from the sea, nori is nutrient-rich, and moreishly delicious. Lightly roasted and seasoned with sea salt, this delicate seaweed snack provides 100% of the RDI of iodine.



Bibimbap Bowl

with Crispy Fried Eggs

Sticky sushi rice served in a family-friendly bibimbap bowl with crunchy veggies, hearty mushrooms and crispy fried eggs, umami-rich sauce from The Ugly Mug, and crunchy sesame seaweed topping.



25 minutes



2 servings



Vegetarian

Warm it up!

To warm this dish up, stir-fry the veggies in a large frypan with the mushrooms, sesame oil and 1/2 the sauce. Serve over rice with fried eggs, remaining sauce and crispy topping.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	18g	33g	57g

FROM YOUR BOX

SUSHI RICE	150g
RED CAPSICUM	1
AVOCADO	1
CORN COB	1
SPRING ONIONS	1 bunch
ENOKI MUSHROOMS	1 packet
RAMEN MARINADE	50g
MIXED SESAME SEEDS	1 packet
SEAWEED SNACK	1
FREE-RANGE EGGS	6-pack

FROM YOUR PANTRY

sesame oil

KEY UTENSILS

large frypan, saucepan

NOTES

For an extra kick, add dried chilli flakes to the crispy topping. You can also serve the dish with chilli crisp, chilli oil or your favourite hot sauce.

Cook the eggs to your liking! Poached, boiled or even make an omelette! Scan the QR code at step 5 to read how we perfected our egg cooking!



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1. COOK THE RICE

Rinse **sushi rice**. Place in a saucepan with **325ml 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.



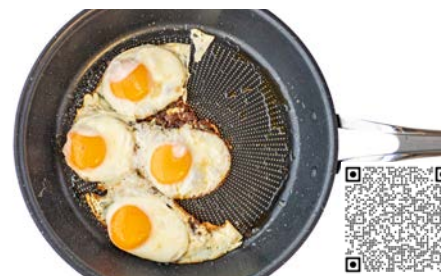
4. PREPARE CRISPY TOPPING

Meanwhile, add **sesame seeds** to a bowl. Slice or flake in **seaweed**. Toss to combine (see notes).



2. PREPARE THE INGREDIENTS

Thinly slice **capsicum** and **avocado**. Remove **corn kernels** from cob. Slice **spring onions** into 4cm pieces and thinly slice some green tops for garnish. Trim and roughly tear apart **enoki mushrooms**. Keep separate.



5. FRY THE EGGS

Add extra **oil** to pan if necessary. Crack **eggs** into pan and cook to your liking (see notes).



3. COOK THE MUSHROOMS

Heat a large frypan over medium-high heat with **sesame oil**. Add **spring onions** and **mushrooms**. Cook for 4-6 minutes until mushrooms are tender. Add **1 tbsp ramen marinade** and cook for a further minute. Remove mushrooms and keep pan over heat for step 5.



6. FINISH AND SERVE

Divide **rice** among bowls. Add **mushrooms**, **prepared vegetables** and **eggs** to bowl. Garnish with **crispy topping** and **spring onion green tops**. Serve with remaining **ramen marinade** to drizzle over.

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