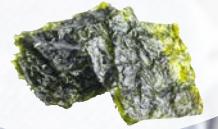




**Product Spotlight:
Seaweed Snack**


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

 4 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
	19g	28g	44g

FROM YOUR BOX

SUSHI RICE	300g
RED CAPSICUM	1
AVOCADOS	2
SPRING ONIONS	1 bunch
CORN COB	1
GOURMET MUSHROOMS	1 packet
RAMEN MARINADE	100g
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 your eggs to your liking! Poached, boiled or even make an omelette! Scan the QR code to read how we perfected our egg cooking!



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.



2. PREPARE THE INGREDIENTS

Thinly slice capsicum and avocados. Remove corn kernels from cob. Slice spring onions into 4cm pieces and thinly slice some green tops. Slice or roughly tear any larger mushrooms.



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.



4. PREPARE CRISPY TOPPING

While mushrooms are cooking, add sesame seeds to a bowl. Slice or flake in seaweed. Toss to combine (see notes).



5. FRY THE EGGS

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



6. FINISH AND SERVE

Divide rice among bowls. Add mushrooms, fresh toppings and eggs to bowl. Garnish with crispy topping and spring onion green tops.



Scan the QR code to submit a Google review!

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