

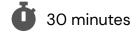




Brown Rice Nori Pockets

with Ginger Dipping Sauce

Beetroot 'tuna' served with pan-fried king oyster mushrooms and fresh fillings with nutty brown rice in nori sheets with a zingy ginger dipping sauce.





4 servings



Switch it up!

Skip making the nori pockets and switch this dish into a sushi bowl! Divide rice and pocket fillings among bowls. Drizzle over dipping sauce and finely shred nori sheets to top.

TOTAL FAT CARBOHYDRATES

12g

51g

FROM YOUR BOX

BROWN RICE	1 packet (300g)
AVOCADO	1
COOKED BEETROOT	2 packets
KING OYSTER MUSHROOMS	1 packet
GINGER	40g
LEBANESE CUCUMBERS	2
SNOW PEA SPROUTS	1 punnet
NORI SHEETS	2 packets

FROM YOUR PANTRY

oil for cooking, sesame oil, salt, pepper, rice wine vinegar, honey, soy sauce (or tamari)

KEY UTENSILS

large frypan, saucepan

NOTES

Switch the avocado for mayonnaise or aioli if desired.



1. COOK THE RICE

Rinse the rice. Place in a saucepan with 2 1/4 cups water. Cover and bring to a boil. Reduce heat to medium-low and cook for 20 minutes until liquid has absorbed. Remove from heat.



2. MAKE BEETROOT 'TUNA'

Add 1/2 avocado (see notes) to a large bowl along with 2 tsp vinegar and 1 tbsp sesame oil. Mash together to combine. Dice beetroots. Add to bowl and stir to combine. Season with salt and pepper.



3. COOK THE MUSHROOMS

Heat a frypan over medium-high heat with oil. Trim and quarter mushrooms. Add to pan as you go along with 1 tbsp soy sauce. Cook for 6-8 minutes until mushrooms are tender. Season to taste with pepper.



4. MAKE THE DIPPING SAUCE

Peel and grate ginger. Add to a bowl along with 3 tbsp soy sauce, 1 tsp honey, 2 tbsp sesame oil and 2 tbsp rice wine vinegar. Whisk to combine.



5. PREPARE THE FILLINGS

Thinly slice cucumbers. Slice remaining avocado. Set aside with snow pea sprouts.



6. FINISH AND SERVE

Serve all elements tableside for everyone to build their own nori pockets. Dip in ginger dipping sauce.

