




### Product Spotlight: Brown Rice


What's the difference between brown and white rice? When the first outer layer, the husk of rice is removed, you get brown rice. When you further mill it and remove the bran and germ layer, then polish it, you get white rice.



## 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.

 30 minutes

 4 servings

 Vegetarian

10 March 2023

## 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.*

Per serve: **PROTEIN** 19g **TOTAL FAT** 12g **CARBOHYDRATES** 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.

**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**

