




Product Spotlight: Brown Rice


What's the difference between brown and white rice? When the outer layer, the husk, 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.



Teriyaki Mushroom Rice Bowl

King oyster mushrooms, slightly charred and coated in a delicious Teriyaki sauce, served with nutty brown rice and stir-fried greens, then finished with a sprinkle of sesame seeds.

 25 minutes

 4 servings

 Plant-Based

Shred the mushrooms!

For smaller mushroom bites, you can use forks to shred the mushrooms. They can also be sliced into discs similar to scallops if preferred!

| Per serve: | PROTEIN | TOTAL FAT | CARBOHYDRATES |
|------------|---------|-----------|---------------|
| | 12g | 4g | 51g |

FROM YOUR BOX

| | |
|-----------------------|----------|
| BROWN RICE | 300g |
| BROCCOLINI | 1 bunch |
| SNOW PEAS | 250g |
| RED CHILLI | 1 |
| KING OYSTER MUSHROOMS | 400g |
| GARLIC CLOVES | 2 |
| TERIYAKI SAUCE | 1 jar |
| MIXED SESAME SEEDS | 1 packet |
| PICKLED GINGER | 1 jar |

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

large frypan or wok, saucepan

NOTES

You can use the chilli to taste as a garnish at the end if preferred.

Protein upsize: 400g King oyster mushrooms + 125ml Teriyaki Sauce. Prepare as per step 4.



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1. COOK THE RICE

Place rice in a saucepan and cover with water. Bring to a boil and simmer for 15–20 minutes, or until tender. Drain and rinse.



2. PREPARE THE VEGETABLES

Trim and cut broccolini into thirds. Trim and halve snow peas. Deseed and slice chilli. Slice mushrooms lengthways (about 1/2 cm thick). Keep separate.



3. COOK THE GREENS

Heat a frypan or wok over high heat with **oil**. Add greens and crush in 2 garlic cloves. Cook for 3–4 minutes until tender. Season with **salt and pepper**. Toss through chilli, remove and set aside (see notes). Keep pan over heat.



4. COOK THE MUSHROOMS

Add mushrooms and 1 tbsp teriyaki sauce to pan. Cook for 1–2 minutes each side until slightly charred. Take off heat and pour in remaining sauce.



5. FINISH AND SERVE

Divide rice, mushrooms and vegetables among bowls. Garnish with sesame seeds and pickled ginger.

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**

