



Product Spotlight: Brown Rice

Brown rice is wholegrain rice with the inedible outer hull removed. It has a delicious, nutty taste and comes with many health benefits!



2 Sesame Avocado Poké Bowl

The poké (pronounced po-kay) bowl is a popular Hawaiian dish with a rainbow of fresh ingredients. This version is full of goodness with grilled avocado, sesame seeds and a blushing pink pickled wombok from Green St Kitchen.



30 minutes



2 servings



Plant-Based

23 November 2020

Spice it up!

There are many fun garnishes you can add to your bowl! Try adding some sliced seaweed snack sheets or fried shallots. Want to make the dish again? You could use crispy cooked tofu and add mango, edamame beans or radishes.

Per serve: **PROTEIN** 13g **TOTAL FAT** 28g **CARBOHYDRATES** 74g

FROM YOUR BOX

BROWN RICE	150g
GINGER	1 piece
ORANGE	1
CONTINENTAL CUCUMBER	1/2 *
YELLOW CAPSICUM	1/2 *
CORIANDER	1/2 packet *
AVOCADO	1
SESAME SEEDS	1 packet (20g)
PICKLED WOMBOK	1 jar (to taste)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

sesame oil, soy sauce (or tamari), salt and pepper

KEY UTENSILS

frypan or griddle pan, saucepan

NOTES

Keep the avocado fresh if preferred.

Any remaining pickled wombok is great tossed through salads or in sandwiches.



1. COOK THE RICE

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



2. MAKE THE DRESSING

Peel and grate ginger to yield 1/2 tbsp. Whisk together with 1/2 orange juice, **1 tbsp sesame oil** and **1 tbsp soy sauce**. Set aside.



3. PREPARE THE TOPPINGS

Dice remaining orange. Dice cucumber and capsicum. Chop coriander.



4. GRILL THE AVOCADO

Halve and peel avocado. Coat with **1 tsp sesame oil, salt and pepper**. Cook on a griddle pan (or frypan) over high heat for 1–2 minutes each side until slightly charred. Remove from heat and roll in sesame seeds to coat.



5. FINISH AND PLATE

Divide rice, avocado and toppings among bowls. Spoon over dressing to taste and serve with pickled wombok to taste.

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**

