





Sushi Rice Bowl

with Tofu and Shiitake Mushrooms

 20-30min  2 Portions

You'll be bowled over with this satisfying and nutritious, not to mention vegetarian-friendly, sushi rice bowl. From roasted shiitake mushrooms and carrot sticks to a crispy fried egg, cubes of tofu and spicy chilli dressing, this dinner is packed full of substance and flavour.

What we send

- firm tofu ⁶
- Korean chilli paste (gochujang) ⁶
- shiitake mushrooms
- rice vinegar
- roasted seaweed
- carrot
- sushi rice
- spring onion
- sesame oil ¹¹
- Lebanese cucumber

What you'll require

- eggs ³
- plain flour ¹
- salt
- soy sauce ⁶
- sugar
- vegetable oil

Utensils

- baking paper
- large frypan
- mandoline (optional)
- oven tray
- paper towel
- sieve
- small saucepan and lid

- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens.

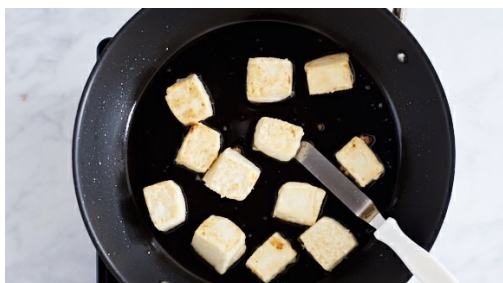
Nutrition per serving

Energy 800.0kcal, Fat 33.0g, Proteins 32.4g, Carbs 90.5g



1. Prepare ingredients

Preheat oven to 220C. Thinly slice the **spring onion**. Cut the **carrot** into thin matchsticks (using a mandoline if you have one). Discard **shiitake** stems and thickly slice the caps. Drain the **tofu** and pat dry with paper towel. Cut in half horizontally, then into 2cm pieces. Thickly slice the **cucumber** on the diagonal.



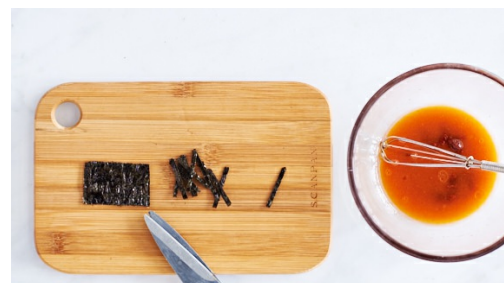
4. Fry tofu

Heat 1 tbs **vegetable oil** in a large frypan over medium-high heat. Place 2 tbs **plain** or **potato flour** on a plate. Dust **tofu** with flour so they are lightly coated. Cook tofu for 5 mins, turning or until golden (turn the tofu with care so as not to break it). Transfer to a plate lined with paper towel and wipe the pan clean.



2. Roast vegetables

Place the **spring onion**, **carrot** and **shiitake** on a large oven tray lined with baking paper. Drizzle with half of the **sesame oil**, 2 tbs **vegetable oil** and 1 tbs **soy sauce**. Toss to coat and roast for 6-8 mins, stirring halfway through until tender and lightly charred.



5. Make dressing

Combine the **gochujang**, **vinegar**, remaining **sesame oil**, 1½ tsp **sugar** and 1 tbs **water** in a small bowl. Use kitchen scissors to shred **seaweed** (use to taste).



3. Cook rice

Meanwhile, rinse **rice** under running water until water runs clear. Transfer to a small saucepan with 250ml (1 cup) water and a pinch of **salt**. Bring to the boil. Cover and simmer for 12 mins or until water is absorbed and rice is tender. Remove from heat and stand, covered for 5 mins.



6. Fry eggs

Heat 2 tsp **vegetable oil** in the same frying pan over medium-high heat. Crack 2 **eggs** into pan and cook for 3 mins or until whites are set and yolks are runny. Spoon **rice** into bowls, top with **vegetables**, **tofu**, **fried eggs** and shredded **seaweed**. Drizzle with a little **dressing** and serve remaining on the side.