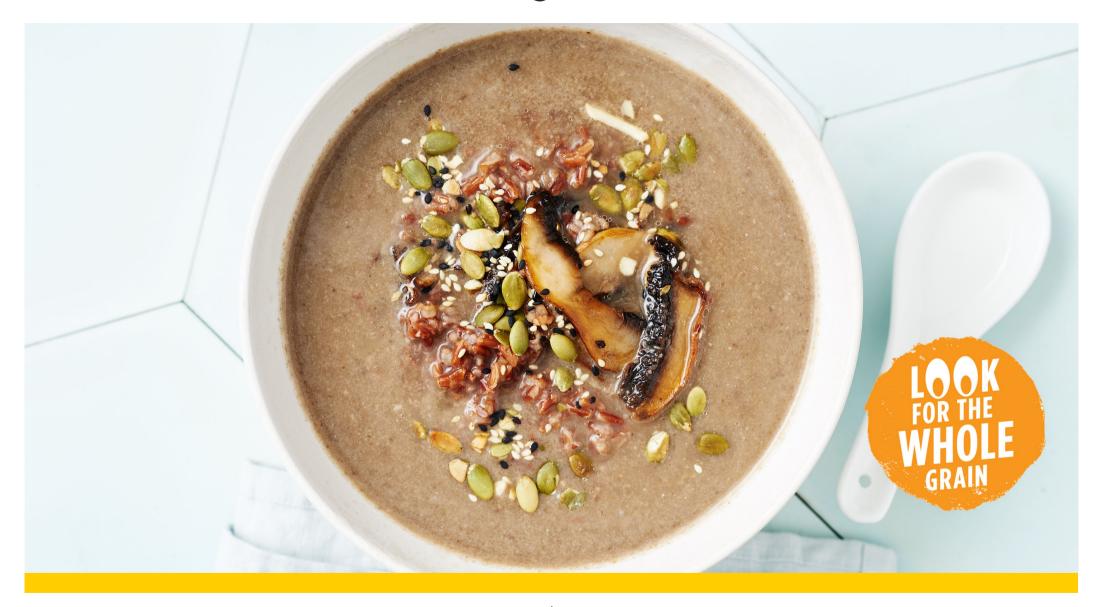
MARLEY SPOON



Mushroom and Red Rice Soup

with Pepitas and Sesame Seeds





As part of Whole Grain Week, we're showcasing different whole grains in tempting new ways. Red rice is a variety quickly gaining popularity for its unique health benefits, including anthocyanins, a nutritious antioxidant and anti-inflammatory compound. Here, we've combined it with a mushroom and pepita-topped soup that's vegan, gluten-free and wholesome in every bite.

What we send

- onion
- organic red rice
- cup mushroom
- flat mushroom
- thyme, garlic
- vegetable stock cube
- pepitas
- sesame seed mix 11

What you'll require

- · boiling water
- olive oil
- sea salt and pepper
- soy sauce ⁶

Utensils

- sieve
- small frypan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Take care when blending hot soup as the mixture may spit. If using a blender, hold the lid securely in place and use a tea towel to protect your hands from the heat.

Allergens

Soy (6), Sesame (11). May contain traces of other allergens.

Nutrition per serving

Energy 430kcal, Fat 24.6g, Carbs 29.8g, Proteins 15.5g



1. Cook rice

Bring **1.5L** (**6 cups**) water to the boil in a large saucepan. Rinse the **rice** in a sieve until the water runs clear. Add **a pinch of salt** to the boiling water and cook the rice for 25 mins or until the rice is tender. Drain well, return to the pan and stir in **2 tsp soy sauce**.



2. Cook aromatics

While the rice is cooking, finely chop the **onion**. Crush or finely chop the **garlic**. Pick **half the thyme leaves** (the remaining thyme won't be used in this dish). Heat **1½ tbs olive oil** in a large saucepan over medium heat. Cook the onion and garlic, stirring, for 5 mins or until golden.



3. Cook mushrooms

Meanwhile, thinly slice the **cup and flat mushrooms**, including the stalks. Add the mushrooms, **thyme** and **2 tsp soy sauce** to the onion mixture and cook, stirring occasionally, for 6-8 mins until golden. Season with **salt and pepper**. Crumble the **stock cubes** into a heatproof jug, add **1L (4 cups) boiling water** and stir to combine.



4. Add stock

Remove **one-quarter of the mushrooms** from the pan and reserve for serving. Add the **stock** to the pan and bring to the boil. Reduce the heat to medium-low and cook for 15 mins for the flavours to develop.



5. Toast seeds

Meanwhile, put the **pepitas** and **sesame seed mix** in a cold small frypan over medium heat. Toast, tossing, for 3-4 mins until evenly golden. Remove from the pan.



6. Get ready to serve

Blend the **soup** with a stick blender or blender until smooth (see cooking tip). Divide the soup among bowls. Top with **1 cup of the cooked red rice** (the remaining rice won't be used in this dish), the **reserved mushrooms** and the **toasted seed mixture** to serve.