



**LOOK  
FOR THE  
WHOLE  
GRAIN**

## Mushroom and Red Rice Soup

with Pepitas and Sesame Seeds



30-40min



4 Portions

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

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

## What you'll require

- boiling water
- olive oil
- sea salt and pepper
- soy sauce <sup>6</sup>

## Utensils

- large saucepan
- 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 425kcal, Fat 24.6g, Carbs 28.7g, Proteins 15.2g



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 the **thyme leaves**. Heat **60ml (¼ cup) 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 **1 tbs 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 **1.5L (6 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 the **cooked red rice**, **reserved mushrooms** and **toasted seed mixture** to serve.

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 Packed in Australia  
from at least 70%  
Australian ingredients