

DINNERLY



 HEALTHY

Vegetarian Sushi Salad with Wasabi Sauce



20-30 minutes



4 Servings

Calling all sushi lovers. Filled with brown rice, creamy avo and a mild wasabi dressing, you can now enjoy everything delicious about sushi in one bursting bowl.

WHAT WE SEND

- 3 carrots
- 2 avocados
- 250g brown rice
- 2 packets wasabi
- 2 heads broccoli
- 2 x 100g mixed salad leaves

WHAT YOU NEED

- garlic clove
- salt and pepper
- soy sauce ⁶
- sugar
- vegetable oil
- water
- white vinegar

TOOLS

- box grater
- sieve

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

COOKING TIP

Make fast work of grating by cutting the broccoli into large chunks, then blitzing in a food processor.

ALLERGENS

Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 590kcal, Fat 28.9g, Carbs 60.1g, Proteins 14.8g



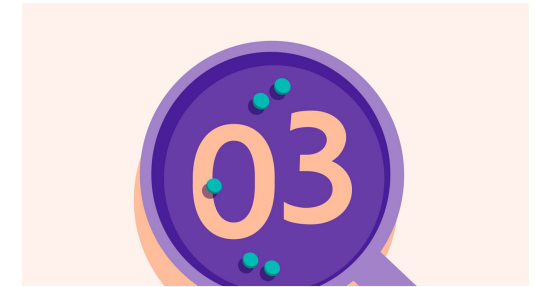
1. Prep veggies

Bring a large saucepan of water to the boil for the rice. Crush or finely chop **2 garlic cloves**. Coarsely grate the **broccoli**, including the stems (see cooking tip). Peel the **carrots**, then peel into ribbons with a vegetable peeler.



2. Cook rice and broccoli

Cook the **rice** in the pan of boiling water for 22 mins. Add the **grated broccoli** and cook for a further 3 mins or until the rice is tender. Drain in a sieve and rinse under cold running water to cool slightly. Set aside.



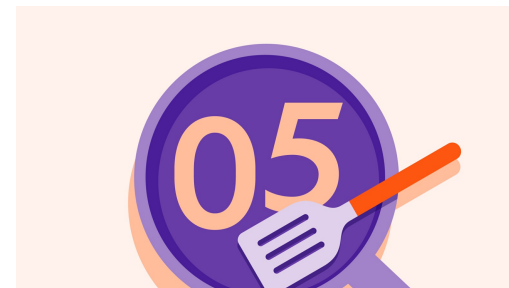
3. Make dressing

Meanwhile, put the **garlic**, **2 tbs soy sauce**, **1 tbs white vinegar**, **1 tbs sugar** and **2 tsp vegetable oil** in a large bowl and whisk well to combine.



4. Make wasabi sauce

Combine the **wasabi**, **2 tbs mayonnaise** and **2 tsp water** in a small bowl. Thinly slice the **avocado**.



5. Serve up

Add the **salad leaves** and **carrot** to the **dressing** and gently toss to combine. Season the **broccoli rice** with **salt and pepper**. Divide the **salad** and **broccoli rice** among bowls in mounds. Top with the **avocado**, drizzle with the **wasabi sauce** and enjoy.



6. Make it yours

Boost the protein with wedges of boiled egg or pieces of marinated tofu. Or scatter with toasted sesame seeds for Japanese flair.