



U C O O K

— COOKING MADE EASY

EXOTIC MUSHROOM STIR FRY

with sushi rice, pickled peppers & miso paste

Umami flavour shines under this spotlight of pickled peppers, pak choi, and mixed exotic mushies in a miso-rich, hot-and-sour sauce. Completed by sticky sushi rice with fresh coriander and a subtle ping of vinegar. Mmm!

Hands-On Time: 15 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Alex Levett

 **Vegetarian**

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Ingredients & Prep

100ml	Sushi Rice
20ml	Rice Wine Vinegar
5g	Fresh Coriander <i>rinsed & roughly chopped</i>
125g	Mixed Exotic Mushrooms <i>roughly sliced</i>
100g	Pak Choi
1	Garlic Clove <i>peeled & grated</i>
20ml	Miso Paste
50g	Pickled Bell Peppers <i>drained & sliced</i>
40ml	Sesame-Soy <i>(10ml Sesame Oil, 10ml Soy Sauce & 20ml Indonesian Soy Sauce)</i>
20g	Pickled Ginger <i>drained & roughly chopped</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. BEFORE YOU GET GOING Read the whole recipe. You'll find the ingredient prep instructions displayed in the ingredient list, directly under the item they apply to.

2. SUSHI RICE Rinse the sushi rice under cold water until the water runs clear. (This prevents the rice from becoming stodgy.) Place the rice in a pot with 250ml of fresh water, pop on a lid, and bring to the boil. Once boiling, reduce the heat and simmer for 15-20 minutes, keeping the lid on, until the water has been absorbed and the rice is tender. On completion, remove from the heat and fluff up with a fork. Stir through the rice wine vinegar (to taste) and three-quarters of the chopped coriander. Replace the lid and set aside for serving.

3. PAN FRY THOSE MUSHIES Place a nonstick pan over a high heat with a drizzle of oil. When hot, fry the sliced mushrooms for 3-5 minutes until golden, shifting as they colour. Remove from the pan on completion, season to taste, and set aside.

4. UMAMI FLAVOUR Trim the base off the pak choi and rinse the leaves well. Slice the green, leafy parts in half lengthways and set aside. Finely slice the stems, keeping them separate from the green leaves. Return the pan to a medium heat with another drizzle of oil if necessary. When hot, fry the pak choi stems for 2-3 minutes until slightly soft, shifting regularly. Add the grated garlic and sauté for 1 minute. Add the miso paste and sauté for another minute until fragrant. Reduce to a low heat and add the sliced pickled peppers, pak choi leaves, and fried mushrooms. Stir in the Sesame-Soy and 15ml of water, and simmer for 2-3 minutes until slightly reduced, stirring occasionally. Remove from the heat on completion.

5. STIR FRY TIME! Make a bed of sticky sushi rice and cover with the miso mushroom stir fry. Pour over the luscious sauce from the pan to your preference. Garnish with the remaining fresh coriander and the chopped, pickled ginger. It's just that simple!



Chef's Tip

For best results, avoid overcrowding the pan when frying the mushrooms and cook them in batches if necessary. Mushrooms release water, so if there are too many in the pan, you could end up with boiled mushrooms, instead of caramelised mushrooms!

Nutritional Information

Per 100g

Energy	585kj
Energy	140Kcal
Protein	5.2g
Carbs	24g
of which sugars	3.6g
Fibre	3.3g
Fat	3.4g
of which saturated	0.5g
Sodium	466mg

Allergens

Gluten, Allium, Sesame, Wheat,
Sulphites, Soy

Cook
within 3
Days