



JAPANESE MISO MUSHROOM BOWL

with Pickled Cucumber, Radish & Wasabi Mayo



Learn an easy way to pickle cucumber



Jasmine Rice



Cucumber



Asian Greens



Garlic



Coriander



Spring Onion



Radish



Long Red Chilli (Optional)



Miso Paste



Sliced Mushrooms



Black Sesame Seeds



Wasabi Mayonnaise (Optional)

Hands-on: 25 mins
 Ready in: 30 mins

Naturally gluten-free
Not suitable for Coeliacs

Spicy (optional long red chilli)

Miso is an all-star ingredient, and once you get a taste you'll want to add it to everything. The Japanese paste is made from fermented soy beans, and is salty, savoury and full of flavoursome umami, making it a great addition to vegetarian meals. Taste the way it transforms these sauteed mushrooms into a hearty topping for this colourful bowl and you too will be looking for all the ways to use miso in your cooking!

Pantry Staples: Olive Oil, Rice Wine Vinegar, Sugar, Butter, Eggs (Optional)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **medium saucepan** with a **lid**
- **medium frying pan**



1 COOK THE JASMINE RICE

Add the **water (for the rice)** to a medium saucepan and bring to the boil. Add the **jasmine rice**, stir, cover with a lid and reduce the heat to low. Cook for **12 minutes**, then remove the pan from the heat and keep covered for another **10-15 minutes**, or until the rice is tender and all the water is absorbed.

TIP: The rice will finish cooking in its own steam so don't peek!



2 PICKLE THE CUCUMBER

While the rice is cooking, very thinly slice the **cucumber**. In a medium bowl, combine the **rice wine vinegar, water (for the pickle), sugar** and **salt** until dissolved. Add the cucumber. Toss to coat, then set aside, tossing occasionally to coat in the pickling liquid.

TIP: Slicing the cucumber thinly ensures it has enough time to pickle before serving.



3 PREP THE VEG

While the cucumber is pickling, roughly chop the **Asian greens**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **spring onion**. Very thinly slice the **radish**. Thinly slice the **long red chilli** (if using). Roughly chop the **coriander**. In a small bowl, combine the **miso paste** and the **water (for the sauce)**.



4 COOK THE MISO MUSHROOMS

Melt the **butter** in a medium frying pan over a high heat with a **drizzle of olive oil** (to stop the butter from burning!). Add the **sliced mushrooms** and cook, stirring regularly, for **3-4 minutes**, or until browned. Add the **garlic** and cook for **1 minute**, or until fragrant. Add the **miso mixture** and **Asian greens** and cook, stirring, for **1-2 minutes** or until the Asian greens have wilted slightly. Transfer to a bowl and cover to keep warm.



5 FRY THE EGG (OPTIONAL)

Wash out the pan and return to a medium-high heat with a **drizzle of olive oil**. Crack in the **eggs** and cook for **4-5 minutes**, or until the egg white is cooked and the yolk is just firm.



6 SERVE UP

Reserve some **pickling liquid (2 tbs for 2 people / 1/3 cup for 4 people)** then drain the cucumber. Stir the reserved pickling liquid, **black sesame seeds (see ingredients list)** and spring onion through the rice and divide between bowls. Top with the miso mushrooms and greens, pickled cucumber, radish and the fried egg. Garnish with coriander and long red chilli (if using). Serve with **wasabi mayonnaise** (if using).

TIP: If you find the wasabi mayo too spicy, mix it with some plain mayonnaise.

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
water* (for the rice)	1¼ cups	2½ cups
jasmine rice	1 packet	2 packets
cucumber	1	2
rice wine vinegar*	¼ cup	½ cup
water* (for the pickle)	¼ cup	½ cup
sugar*	1 tsp	2 tsp
salt*	1 tsp	2 tsp
Asian greens	1 bunch	2 bunches
garlic	2 cloves	4 cloves
spring onion	1 bunch	1 bunch
radish	1 bunch	2 bunches
long red chilli (optional)	1	2
coriander	1 bunch	1 bunch
miso paste	1 tub (40 g)	2 tubs (80 g)
water* (for the sauce)	2 tsp	1 tbs
butter*	20 g	40 g
sliced mushrooms	1 punnet (150 g)	1 punnet (300 g)
eggs* (optional)	2	4
black sesame seeds	½ sachet	1 sachet
wasabi mayonnaise (optional)	1 tub (40 g)	2 tubs (80 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2830kJ (676Cal)	626kJ (150Cal)
Protein (g)	20.9g	4.6g
Fat, total (g)	32.9g	7.3g
- saturated (g)	8.6g	1.9g
Carbohydrate (g)	71.0g	15.7g
- sugars (g)	7.0g	1.6g
Sodium (g)	1290mg	285mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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