



# Sesame-Crusted Mushroom Poke Bowl



2 servings



40 minutes

## INGREDIENTS:

### SESAME-CRUSTED MUSHROOMS

- 200g button mushrooms
- 35g white sesame seeds
- 8g black nigella seeds
- 50g panko crumbs
- 2g sea salt
- 1 egg
- 20ml milk
- Vegetable oil (for frying)

### DRESSING

- 5g white miso paste
- 45ml mirin
- 5g peanut butter
- 30ml vegetable oil

### POKE BOWL

- 150g medium grain brown rice
- 1 bunch broccolini
- 50g frozen shelled edamame beans,
- 1 avocado
- 80g red cabbage
- 100g cucumber
- 4-5 radishes
- 1/8 bunch shallots

## METHOD: SESAME-CRUSTED MUSHROOMS

1. In a bowl combine the sesame seeds, nigella seeds, panko crumbs and sea salt, stir to mix through.
2. In another bowl whisk together with a fork the egg and a dash of milk.
3. Add the button mushrooms in batches to the whisked egg mixture, then roll them in the sesame/panko crumb mixture until they get an even crumb coating.
4. Deep fry in batches; add the mushrooms to the preheated oil and fry. Turn them over when the outer crumb turns a golden brown. Remove from the oil and place on a paper towel to absorb any excess oil. Keep warm until ready to serve.

## TO MAKE THE DRESSING

1. Whisk all the ingredients together in a small bowl to combine and dissolve any lumps. Adjust the balance.

## METHOD POKE BOWLS

1. Rinse the rice in a sieve; drain. Place the rice in a very small pot that has a tight-fitting lid and add 375ml cold water. Cover and steam the rice, bringing to a boil then immediately reduce to the lowest heat for 25 minutes; stand for 5 minutes before serving.
2. Slice the cabbage, avocado, cucumber, radish and shallots
3. Trim, then blanch the broccolini and edamame in boiling water refresh in iced water. Drain and set aside
4. Start with a base of pre-cooked brown rice, follow by arranging the vegetables over the top and around the edges of the bowls.
5. Finish with adding the crumbed mushrooms in the centre and sprinkle over the thinly sliced shallots.
6. To serve pour over the miso dressing.