

Mushroom Donburi Bowl

with Spicy Cucumbers

hellóchef

'Donburi' literally means 'bowl' in Japanese. Donburi bowls commonly consist of simmered vegetables, meat or fish, served over rice.

Cals 757 • Prot 21 • Carbs 108 • Fat 31

Vegan

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🕒 cook: 35 min

R2889



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Mushrooms	2 ppl	3 ppl	4 ppl	
Chestnut mushrooms	250	500	500	Grams
King oyster mushrooms	400	400	800	Grams
Vegetable oil	1	2	2	Tbsp
Soy sauce 9* , 10* , 11*	20	30	40	ML
Agave syrup	10	15	20	ML
Hoisin sauce 3* , 9* , 10*	20	30	40	Grams
Spicy cucumber				
Cucumber	2	3	4	Piece
Salt	1	2	2	Tsp
Ginger	30	45	60	Grams
Garlic cloves	1	1	1	Piece
Rice vinegar	15	22	30	ML
Sesame oil 3* , 9*	15	22	30	ML
Gochujang 9*	10	15	20	Grams
Sides				
Sushi rice	150	225	300	Grams
Salt	0.5	0.5	1	Tsp
Water	300	450	600	ML
Avocado	1	1	2	Piece
Sushi ginger	40	60	80	Grams
Sesame seeds 3*	10	15	20	Grams

Allergens

***9** Soya, ***10** Wheat, ***11** Gluten, ***3** Sesame Seeds

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts**, **Tree Nuts**, **Sesame Seeds**, **Milk**, **Eggs**, **Fish**, **Crustaceans**, **Molluscs**, **Soya**, **Wheat**, **Gluten**, **Lupin**, **Mustard**, **Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/koal)	3167 / 757
Fat (g)	31.1
of which saturates (g)	4.5
Carbohydrate (g)	108
of which sugars (g)	15.1
Fiber (g)	17.8
Protein (g)	21.3
Salt (g)	6.9

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Salt cucumbers

Preheat the oven to 200°C/180°C fan. Slice the **cucumbers** as finely as possible. Place the **cucumbers** in a colander or sieve and sprinkle them with the **salt**. Place the colander in the sink until step 5.

Tip! Salting the cucumber like this helps to draw water out from them, which is which it's best to leave the colander in the sink.



2 Roast mushrooms

Meanwhile, slice or directly tear the **mushrooms** onto a baking tray. Drizzle generously with **oil** and toss until coated. Roast for 25 min.



3 Boil rice

Meanwhile, rinse the **sushi rice** in cold water. Add the **rice**, a pinch of **salt** and the **measured water** to a pan with a lid and bring to a boil over a high heat. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Once cooked, remove the pan from the heat and keep covered until serving.



4 Make sauce

Meanwhile, heat a large pan over a medium heat with the **soy sauce**, **agave syrup** and **hoisin**. Simmer for 1 min, then remove from the heat and set aside. Once the **mushrooms** are ready, pour them into the pan and toss them in the **sauce** until coated.



5 Dress cucumbers

Peel and finely grate the **ginger** and **garlic**. Place the **ginger**, **garlic**, **vinegar**, **sesame oil** and **gochujang (spicy!)** in a bowl and whisk to combine. With clean hands, squeeze any excess water from the **cucumbers**. Add the **cucumbers** to the bowl and toss until coated.



6 Serve

Cut the **avocado** in half and remove its stone. Scoop the **avocado** out of its skin using a spoon, then slice it. Serve the **mushrooms**, **avocado**, **cucumbers** and **sushi ginger** over the **rice** and garnish with the **sesame seeds**.