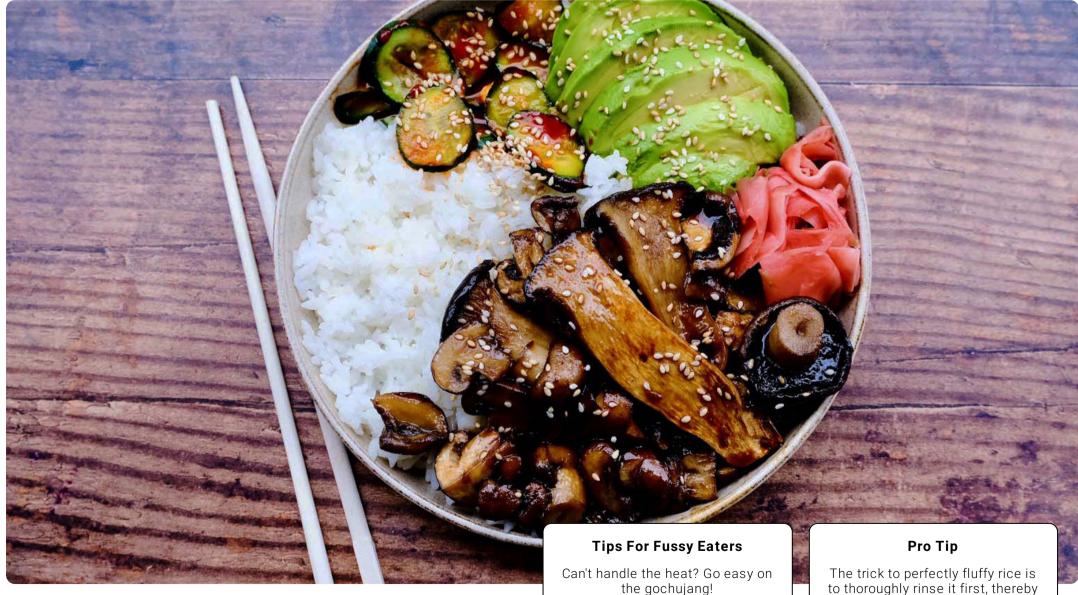


# **Mushroom Donburi Bowl**

with Spicy Cucumbers



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

Cooking Time: 35 min | Dairy-Free Cals 663 | Prot 22 | Carbs 97 | Fat 31 The trick to perfectly fluffy rice is to thoroughly rinse it first, thereby removing as much starch as possible. Rinse it once, twice or even thrice, and, time permitting, soak it for 30 min before rinsing it a final time.

### Ingredients

For 2 For 3 For 4

#### Mushrooms

Chestnut mushrooms	250	500	500	Grams
Oyster mushrooms	300	300	300	Grams
Vegetable oil	1	2	2	Tbsp
Soy sauce	20	30	40	ML
Agave syrup	10	15	20	ML
Hoisin sauce	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	15	22	30	ML
Gochujang	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	10	15	20	Grams



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# 1 Salt cucumbers

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



# 2 Roast mushrooms

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



# 3 Boil rice

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 mushroom 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 paste (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