



'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

Tips For Fussy Eaters

Can't handle the heat? Go easy on the gochujang!

Pro Tip

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



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.



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

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**.



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