



NUTRITION per serving 83g carbohydrates 10g fat 12g protein 1125mg sodium | low-calorie, vegetarian, dairy-free, shellfish-free, nut-free



Calories
492



Prep & Cook Time
35-45 min.



Cook Within
7 days



Difficulty
Intermediate



Spice Level
Mild

IN YOUR BOX

- ¾ cup Jasmine Rice
- 2 Portobello Mushrooms
- 1 Red Onion
- 1 Lime
- 1 Tbsp. Gochujang Red Pepper Paste
- 2 fl. oz. Teriyaki Glaze
- ½ oz. Mayonnaise
- 3 oz. Shredded Red Cabbage
- 3 oz. Matchstick Carrots

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Small Pot
- 2 Small Bowls
- Grill Pan or Outdoor Grill
- Mixing Bowl

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Korean BBQ Portobello Rice Bowl

with grilled onions, carrots, and red cabbage

BEFORE YOU COOK

- ❑ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ❑ Thoroughly rinse produce and pat dry

WHILE YOU COOK

- ❑ **Heads Up!** Basting sauce is used twice. Most is used to baste **grilled vegetables**, and 2 Tbsp. is added to **finishing sauce**.
- ❑ **Spice Alert!** **Gochujang** is a spicy and slightly sweet paste of chiles and fermented soy commonly found in Korean cuisine. It is added to **basting sauce**; use basting sauce to taste to control spice level.

FROM THE CHEF

To get every last drop of juice from your lemons or limes, try one or all of these tips. Before cutting, microwave 15–20 seconds to “soften” the fruit, gently roll on your countertop or cutting board while pressing on it with your palm, and, finally, give yourself some serious mechanical advantage by placing a cut half in between the arms of a pair of tongs to make squeezing much easier.

Did you know...

Portobello mushrooms are full of nutrients. In fact, one portobello has more potassium than a banana.



Cook the Rice

Bring a small pot with **rice** and 1 ½ cups **water** to a boil. Reduce to a simmer, cover, and cook until rice is tender, 18–20 minutes. Remove from burner and set aside, covered. While rice cooks, prepare ingredients.



Prepare the Ingredients

Using a spoon, scoop out black undersides (gills) of **portobello mushrooms** and remove stems. Peel **onion** and slice into ¼” rounds. Halve **lime** and juice.



Make the Sauces

To make basting sauce, combine **gochujang**, 2 tsp. **olive oil**, and **teriyaki glaze** in a small bowl. Transfer 2 Tbsp. **basting sauce** to another small bowl and mix with **mayonnaise** to make finishing sauce.



Grill the Mushrooms and Onions

Heat an outdoor grill or grill pan to medium-high heat and lightly coat with **cooking spray**. Lightly brush **onions** and **mushrooms** with **olive oil**. Working in batches, grill onions and mushrooms until browned and soft, 3–5 minutes per side. Return cooked vegetables to grill, brush with **basting sauce**, and continue to grill until sauce caramelizes and chars on vegetables, 2–3 minutes per side. *Basting sauce is spicy. Use to taste.* Transfer to a cutting board and cut mushrooms into eight wedges each.



Make the Slaw

Combine **red cabbage**, **matchstick carrots**, 2 tsp. **lime juice**, 2 tsp. **olive oil**, ¼ tsp. **salt**, and ¼ tsp. **pepper** in a medium mixing bowl.



Plate the Dish

Spoon **rice** into a bowl and top with **grilled vegetables** and **slaw**. Drizzle with **finishing sauce** and serve on the side, if desired.