

# Chirashi-Style Rice Bowls

with Tempura Mushrooms  
& Spicy Pickled Carrots

**PREP TIME:** 15 minutes

**COOK TIME:** 25-35 minutes

**SERVINGS:** 2

The chirashi bowl is a Japanese favorite of sticky sushi rice (a short-grain variety) covered with any number of flavorful toppings. Tonight's vegetarian take features a dynamic array of tastes and textures, including crispy tempura-fried mushrooms, pickled carrots spiced with chile paste, creamy avocado, and nutty-sweet roasted broccoli. All together, it makes for a delicious homage to the classic.



#### BLUE APRON WINE PAIRING:

Alma Rosa Pinot Noir, 2015

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## Ingredients



¾ cup  
SUSHI RICE



6 oz  
SHIITAKE  
MUSHROOMS



2  
RAINBOW  
CARROTS



1  
AVOCADO



½ lb  
BROCCOLI

#### KNICK KNACKS:



2 Tbsp  
RICE VINEGAR



1 ½ Tbsp  
SUGAR



1 Tbsp  
SOY SAUCE



¼ cup  
TEMPURA MIX



1 Tbsp  
GOCHUJANG



1 Tbsp  
MIRIN



1 tsp  
FURIKAKE

**Did You Know?**  
A go-to Japanese blend, ours features seaweed, sesame seeds, and chile flakes.



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## 1 Prepare the ingredients:

- ☐ Preheat the oven to 450°F.
- ☐ Wash and dry the fresh produce.
- ☐ Cut the broccoli into small florets.
- ☐ Peel the carrots; thinly slice on an angle.
- ☐ Cut off and discard the mushroom stems.
- ☐ Pit, peel, and medium dice the avocado; place in a bowl with  $\frac{1}{4}$  of the **vinegar** to prevent browning. Season with salt.

## 2 Cook the rice:

- ☐ In a small pot, combine the **rice**, a **big pinch of salt**, and **1 ½ cups of water**. Heat to boiling on high.
- ☐ Once boiling, cover and reduce the heat to low. Cook 15 to 17 minutes, or until the water has been absorbed and the rice is tender.
- ☐ Turn off the heat and fluff the cooked rice with a fork.



## 3 Roast the broccoli:

- ☐ While the rice cooks, place the **broccoli** on a sheet pan. Drizzle with olive oil and season with salt and pepper. Toss to thoroughly coat. Arrange in a single, even layer.
- ☐ Roast 14 to 16 minutes, or until browned and tender when pierced with a fork. Remove from the oven. Transfer to a large bowl. Set aside in a warm place.

## 4 Pickle the carrots:

- ☐ While the broccoli roasts, in a medium pan (nonstick, if you have one), combine the **carrots**, **sugar**, **remaining vinegar**, a **big pinch of salt**, and  $\frac{1}{4}$  **cup of water**. Heat to boiling on high.
- ☐ Once boiling, cook, stirring occasionally, 30 seconds to 1 minute, or until the sugar has dissolved.
- ☐ Turn off the heat. Stir in **as much of the gochujang as you'd like**, depending on how spicy you'd like the dish to be.
- ☐ Transfer to a bowl. Set aside to cool, stirring occasionally, for at least 10 minutes. Rinse and wipe out the pan.



## 5 Make the tempura mushrooms:

- ☐ While the carrots cool, in a large bowl, combine the **tempura mix** and  $\frac{1}{4}$  **cup of cold water**; whisk until smooth. Season with salt and pepper.
- ☐ In the same pan, heat a thin layer of oil on medium-high until hot.
- ☐ Once the oil is hot enough that a drop of batter sizzles immediately when added to the pan, working in batches, thoroughly coat the **mushrooms** in the batter (letting any excess drip off) and carefully add to the pan. Cook 2 to 4 minutes per side, or until golden brown.
- ☐ Transfer to a paper towel-lined plate; immediately season with salt.



## 6 Dress the broccoli & plate your dish:

- ☐ To the bowl of **roasted broccoli**, add the **mirin** and **soy sauce**. Toss to thoroughly coat; season with salt and pepper to taste.
- ☐ Divide the **cooked rice** and dressed broccoli between 2 bowls. Top with the **pickled carrots** (reserving the pickling liquid), **seasoned avocado**, and **tempura mushrooms**. Drizzle with the **reserved pickling liquid**. Garnish the rice with the **furikake**. Enjoy!