

Black rice with miso mushrooms

Takes 1 hour 25 minutes, serves 3-6 and uses a large saucepan.

INGREDIENTS

1 tablespoon ground nut oil
1 garlic clove, minced
1 onion, chopped
Thumb sized piece of ginger, peeled and finely chopped
300g mini portabella mushrooms, sliced
200g wild mushrooms, sliced
80g miso paste
2 tablespoons mirin
350g black rice
750ml vegetable stock

To garnish:

1 Red chilli, sliced
1 teaspoon sesame seeds
2 tablespoons chopped coriander

DIRECTIONS

Heat the oil in a large pan over a medium heat. Add the onion, ginger and garlic and fry gently for 5 minutes.

Add the mushrooms, fry for another 5 minutes, then add the miso, mirin and rice and mix well. Add the stock.

Bring to a simmer, partially cover the pan and cook for 55 minutes. Check a grain of rice before serving to make sure it's cooked, it might need a little bit longer and if the pan becomes dry, add a little more stock.

Serve, scattered with sliced red chilli, sesame seeds and chopped coriander.

