
Online Cookery Class – Miso Kohlrabi Stir-fry with Sticky Rice

Equipment Required

Sharp knife
Chopping board
2 small bowls

Measuring spoons
Large frying pan/wok
Medium saucepan

Serves 2-3

Recipe – Miso Kohlrabi Stir-fry

1 chilli
1 garlic clove
2 tbsp brown rice miso
2 tbsp tamari
1 lime
2 tbsp sesame oil
1 kohlrabi
200g chestnut mushrooms
2 carrots
100g kale
100ml boiling water
Rapeseed/vegetable oil
Salt and Pepper

1. Remove the seeds from the chilli and finely chop. Peel the garlic and mince.
2. Pop both the chilli and garlic in a small bowl with the miso and tamari and stir well to combine.
3. Zest and juice the lime, add to a separate bowl and stir in the sesame oil.
4. Prepare the vegetables:
 - a. Pull the leaves from the kohlrabi and shred them, trim and peel the main bulb and slice into matchsticks.
 - b. Slice the mushrooms
 - c. Use a peeler to create carrot ribbons
 - d. Remove the woody stem from the kale and roughly chop.
5. Place a large frying pan or wok over a medium heat and add 1 tbsp of oil. Once hot add the kohlrabi and mushrooms; fry until slightly golden – c.3mins.
6. Add the kale and carrots to the pan with the miso mixture and 100ml of boiling water. Stir well and continue to cook for a further 3 mins until the carrots are tender and the liquid has reduced by half.
7. Serve and pour over the lime and sesame mix.

Recipe – Sticky Rice

200g risotto rice

400ml boiling water

Salt

1. Tip the rice into a medium pan, add a pinch of salt and pour over 400ml of boiling water. Cover and bring back to the boil.
2. Turn down the heat and cook for 15-20 mins until the water has been absorbed and the rice is sticky.