

Shiitake Fried Rice

This isn't your typical takeout fried rice. Nutty brown rice, umami-rich shiitake mushrooms, crisp broccoli, and scallions come together in a simple one-pan dish that's both comforting and nourishing. Finished with toasted sesame oil and black sesame seeds, it's packed with savory flavor and makes a satisfying side or plant-forward main.

INGREDIENTS

1 cup short grain brown rice
2 cups water
1 strip kombu, discarded at end
5 dried shiitake mushrooms , cooked with rice, then sliced
1 tablespoon sesame oil
1 1/2 cups broccoli or broccolini, chopped
1 cup fresh shiitake mushrooms, thinly sliced
6 scallions , cut into 1" pieces
2 tablespoons tamari soy sauce (or Bragg's liquid amino)
2 tablespoons Chinese cooking wine
1 teaspoon toasted sesame oil
1 tablespoon black sesame seeds

SERVES

4

TIME

40 MIN

SPECIAL EQUIPMENT

N/A

STORAGE

Store rolls in airtight container in fridge for 2-3 days

STEP 1

Place the rice, water, kombu, and dried shiitake mushrooms in a small pot. Cover and bring to a boil over high heat. Once boiling, reduce the heat to a simmer and cook for about 30 minutes, or until the rice is tender and the water is absorbed.

STEP 2

While the rice cooks, prepare the broccoli or broccolini, fresh shiitake mushrooms, and scallions.

STEP 3

When the rice is done, remove and discard the kombu. Remove the cooked shiitake mushrooms, thinly slice them, and set aside.

STEP 4

Heat the sesame oil in a large sauté pan over medium heat. Add the broccoli, fresh shiitake mushrooms, sliced cooked shiitake mushrooms, and scallions. Sauté for about 1 minute, until the vegetables begin to soften.

STEP 5

Add the tamari and Chinese cooking wine, then cook for another minute, stirring to coat the vegetables.

STEP 6

Add the cooked rice to the pan and mix well, breaking up any clumps. Continue cooking for another 1-2 minutes, adding a splash more tamari or cooking wine if needed.

STEP 7

Finish with toasted sesame oil and black sesame seeds. Gently toss until everything is well combined and the flavors come together. Serve warm.