



Teriyaki Mushroom Bowl with Carrots & Quick Pickled Cucumbers

40 minutes | 2 servings

Find cookware

[can opener](#)
[chef's knife](#)
[colander](#)
[cutting board](#)
[garlic press \(optional\)](#)
[grater](#)
[mandoline slicer \(optional\)](#)
[measuring cups](#)
[measuring spoons](#)
[mixing bowls](#)
[nonstick skillet](#)
[small saucepan](#)
[stirring spoon](#)
[vegetable peeler](#)
[whisk or fork](#)

Grab ingredients

1 medium	carrot
½	English cucumber
3 cloves	garlic
1 (1 inch) piece	ginger root
¼ small bunch	green onions (scallions)
¾ cup	jasmine rice
1 (15 oz) can	pinto beans
2 caps	portobello mushrooms
½ medium	yellow onion
	brown sugar
	rice vinegar
	salt
	sesame seeds
	soy sauce
	toasted sesame oil
	virgin coconut oil

Cook & enjoy

- 1 Using a strainer or colander, rinse the rice under cold, running water, then drain and transfer to a small saucepan. Add water and bring the mixture to a boil over high heat.

¾ cup jasmine rice
1 ½ cup water

- 2 Drain and rinse the beans in a colander; set aside to drain further.

1 (15 oz) can pinto beans

- 3 Wash and dry the fresh produce.

2 caps portobello mushrooms
½ English cucumber
1 medium carrot
¼ small bunch green onions (scallions)
1 (1 inch) piece ginger root

- 4 Once the liquid comes to a boil, stir the mixture, cover the saucepan, and reduce the heat to low. Cook the rice until the liquid is fully absorbed, 15-18 minutes. Once done, remove the rice from the heat and let it stand, still covered, for 5 minutes.

- 5 In a medium bowl, combine vinegar, sugar, and salt. Thinly slice the cucumber, add to the bowl, and toss to coat.

3 tbsp rice vinegar
1 tbsp brown sugar
¼ tsp salt

- 6 Peel and mince the garlic and the ginger; place in a small bowl. Add soy sauce, brown sugar, and sesame oil to make the teriyaki sauce.
3 cloves garlic
2 tbsp soy sauce
1 tbsp brown sugar
1 tbsp toasted sesame oil
- 7 Remove the stems of the portobello mushrooms; scrape out the gills using a spoon. Cut mushrooms in half and then slice crosswise into thin strips.
- 8 Preheat a skillet over medium-high heat.
- 9 Peel and thinly slice onion into half rings.
½ medium yellow onion
- 10 Once the skillet is hot, add oil and swirl to coat the bottom. Add the yellow onions and cook for about 2 minutes. Add the mushrooms and continue cooking until the mushrooms have started to soften, about 6 minutes.
1 tbsp virgin coconut oil
- 11 Add beans and teriyaki sauce to the skillet and cook 3 minutes more.
- 12 Trim green onions and cut crosswise into ¼-inch pieces at an angle.
- 13 Peel and coarsely grate the carrot.
- 14 Uncover the rice and fluff with a fork, and drizzle with sesame oil and sprinkle with sesame seeds. Fold the oil and seeds into the rice.
1 tbsp toasted sesame oil
1 tbsp sesame seeds
- 15 To serve, divide rice between bowls and top with mushrooms, cucumbers, carrots, and green onions. Enjoy!