

# ASIAN VEGETABLE AND BROWN RICE DONBURI WITH NORI RIBBONS

## Serves 4

Donburi is a traditional Japanese dish of hot cooked rice topped with meat, eggs, fish, or vegetables in a flavorful broth. It is a quick and easy meal to prepare and in Japanese culture, this is considered "fast food". Toasted nori is available in Asian markets and health food stores. If burdock roots are unavailable, turnips may be substituted. Burdock can also be found in Asian markets.

## Ingredients

5 cups water  
2 cups short-grain brown rice  
3 cups vegetable broth  
1/2 cup soy sauce (preferably Tamari)  
1/4 cup mirin (Japanese rice wine)  
1 large parsnip, peeled and diced (about 1 cup)  
5 small burdock roots, peeled and diced (about 1 cup)  
3 medium carrots, peeled and diced (about 1 cup)  
2 cups broccoli florets or kale  
6 scallions/ spring onions, trimmed and thinly sliced  
4 teaspoons toasted sesame seeds  
1/4 cup toasted nori ribbons

## Method

1. Bring water to boil in medium saucepan. Add rice and reduce heat to low. Cover and cook for 45 to 50 minutes, or until rice is tender.
2. Combine broth, soy sauce, and brown rice syrup in medium saucepan and bring to boil. Add parsnip and burdock root. Reduce heat to medium-low and simmer for 10 minutes. Add carrots and simmer for 5 minutes. Add broccoli and simmer for 5 minutes longer, or until vegetables are tender. Add scallions and simmer for 1 minute.
3. Portion hot rice into bowls. Ladle broth mixture and vegetables over rice. Sprinkle each serving with toasted sesame seeds and top with a tuft of toasted nori ribbons. Serve immediately. Can also be served with steamed or grilled fish.