



## Recipes

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# Black Rice & Quinoa Asian Wrap

Prep Time: 10 Minutes

Cooking Time: 60 Minutes

Serves 1

### Ingredients:

- 1 Mission® 12" Whole Wheat Tortilla (10254)
- 2 Nori Sheets (Dry Seaweed)
- 1 oz. Yellow Miso
- 3 oz. Prepared Quinoa (see Related Recipe)
- 3 oz. Cooked Chinese Black Rice
- 2 oz. Carrot and Burdok Salad (see Related Recipe)
- 2 oz. Daikon Cucumber Salad (see Related Recipe)

### Directions:

1. Place the nori on a bamboo sushi mat. Cover the nori with quinoa covering all but ¼".
2. Place the Carrot and Burdok Salad across the center of the quinoa.
3. Roll up quinoa and salad being sure to roll tightly pulling slightly to make a Yin Yang symbol.
4. Seal roll by wetting nori with water.
5. Repeat this process with the black rice and Daikon Cucumber Salad.
6. Heat the Mission® Multigrain Tortilla on a flat grill. Spread with miso paste.
7. Place nori rolls on the multigrain tortilla, creating a yin yang symbol. Roll tortilla sealing with miso paste.





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### Quinoa

Cooking Time: 15 Minutes

Serves 1

Ingredients:

1/2 cup Water

1/4 cup Quinoa

1/6 tsp. Salt

Directions:

1. Pour the water in a stock pot. Bring to a boil. Add the quinoa and the salt.

2. Bring to a boil. Reduce heat and bring to a simmer.

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### Carrot and Burdok Salad

Prep Time: 10 Minutes

Serves 1

Ingredients:

4/5 oz. Grated Burdok Root

1 oz. Grated Carrot

1/5 oz. Mirin (syrupy rice wine)

1/8 tsp. Grated Ginger Root

Directions:

1. Combine all ingredients and chill for one hour.

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### Daikon Cucumber Salad

Prep Time: 10 Minutes

Serves 1

Ingredients:

7/8 oz. Diced Daikon

1 1/8 oz. Diced Cucumbers

Directions:

1. Combine ingredients and chill for one hour.