

## YOUR MISSION COMPLETED: RICE!

This week, Gastroposters showed just how versatile this super staple is. From risotto to sushi rolls and pilaf to paella, we were amazed by all the delicious dishes you made with this one grain.

On these pages, [Twitter handles are in blue](#) and [Instagram handles are in brown](#).



Angelica De La Rosa  
[@angelicadr](#)  
Homemade Filipino-style paella is a family favourite



Adrienne Panis  
[@apstylingcakes](#)  
Being Filipino, I eat everything with rice



Annette Bruley  
[@ascarienoteca](#)  
Fried pecorino cheese and pepper rice balls sitting in pecorino cheese



Robyn MacDonald  
[@planetbyn](#)  
Butternut squash risotto with balsamic drizzle and fried sage



Maria Tretiakova  
[@m.tretiakova](#)  
Delicious dinner stir-fry: I could eat this every night



Priya Nagraj  
[@theinspiredfoodie](#)  
Thai basil fried rice: extra spicy!



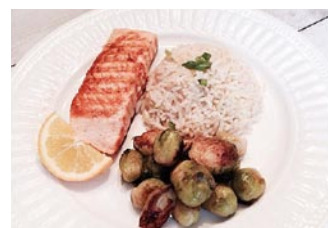
Alexandra Tang  
[@remiloveskitchen](#)  
How does this chicken rice burger look?



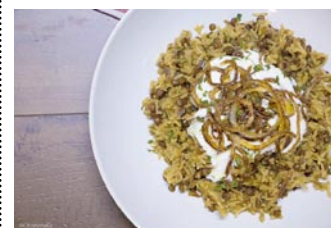
Vera Tzoulas  
[@veratambouzi](#)  
Spanish rice: this traditional vegetarian rice dish makes for a scrumptious meal



Kate Staszczak  
[@katzk](#)  
I like my rice the Polish way: with sour cream and fresh fruit



Rebecca Katindig  
[@beckgula](#)  
Grilled salmon with roasted Brussels sprouts and rice pilaf



Tara Maini  
[@ehogarella](#)  
I made one of my favourite Middle Eastern rice lentil dishes: mujadara



Natalie Bozinovski  
[@natalieboz](#)  
My favourite way to eat rice: under homemade coconut curry



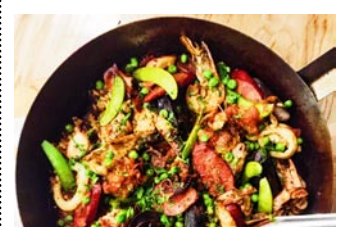
Chris Pires  
[@foodinspires](#)  
One of my favourite ways to enjoy basmati rice: Goan shrimp curry



Kyle Selmes  
[@finding\\_focus](#)  
Mango sticky rice prepared during a Thai cooking class



Jenny Arena  
[@foodfables](#)  
Italian Arborio rice is the base for a classic risotto



Janice Wong  
[@janice.xo](#)  
Spanish paella



Clara Lau & Monica Lee  
[@foodsisterhood](#)  
Langoustine risotto with shellfish sauce at the Taste of Iceland event



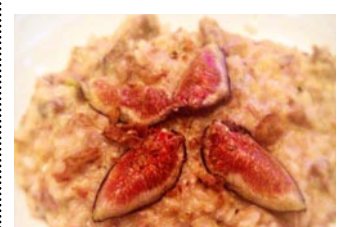
Corina Costache  
[@coricostache](#)  
Tomato shrimp over plain brown rice. So delicious!



Hubert Leung  
[@goodfoodtoronto](#)  
Aburi salmon oshi from Miku Restaurant



Hana Lee  
[@hans.ta](#)  
Half brown and half Korean rice ball with tuna-mayo and kimchi spice tuna



Rocco Signorile  
[@inthedarknight](#)  
Risotto with Gorgonzola and figs



Marla Hertzman  
[@lovelythecarrot](#)  
When making paella you must use a rice called bomba



Amy Endo  
[@harvees8](#)  
Potato croquettes on a bed of purple rice with side of pickled ginger



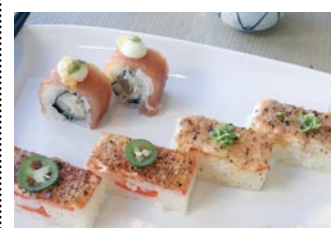
Veronica Sheppard  
[@ronniesheppard](#)  
Brown rice paella with veggies straight from the garden.



Fouad Makadsi Yousef  
[@fyousef](#)  
My favourite rice recipe is a Persian dish called jewelled rice (javaher polow)



Jen Chen  
[@jayehcee](#)  
Turmeric jewelled rice with spiced ratatouille, yogurt and cumin fried egg



Rory Case  
[@icecreammask](#)  
No better way to eat rice sushi



Linda Matarasso  
[@integrityfilms](#)  
This is inspired by a staple breakfast dish from Costa Rica



Lisa Zhou  
[@lisaats](#)  
Chicken fried rice



Michael McCormack  
[@michael2420](#)  
Pulled pork chimichanga with Mexican rice from Mexico Lindo



Alexandra Davies  
[@vgnliving](#)  
Long grain brown rice in all its textured glory.



Sofia Martimianakis  
[@fitkick.fitness.food](#)  
When you discover a delicious Japanese restaurant in your area



Lisa Zhou  
[@lisaats](#)  
Chicken fried rice



Sophy Huang  
[@sophyats](#)  
So much good Chinese food



Michael McCormack  
[@michael2420](#)  
Pulled pork chimichanga with Mexican rice from Mexico Lindo



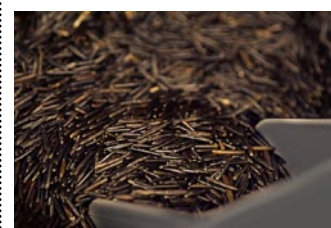
Nizea Lei  
[@bigfoottrips](#)  
Chicken souvlaki from Mr. Souvlaki



Philippe Tan  
[@philipheyounmountain](#)  
Humble arroz caldo (Spanish congee) using brown rice



Allana-Rae Blumberg & Lindsay Noble  
[@gimmeabite](#)  
Chicken fried rice



Fatima Kooshesh  
[@blorphotography](#)  
Beautiful and organic wild rice



Sharen Lee  
[@leesharen](#)  
Sweet jewelled rice

## JOIN US!

- ✓ Get your food pics & ideas published in the National Post
- ✓ Be the first to find out about new missions
- ✓ Get your very own Gastrosketch



## YOUR NEXT MISSION: SOMETHING FISHY

There's something fishy going on here: this week's Gastropost mission! **We want you to celebrate your favourite foods of the sea**, whatever they may be. From salmon to squid to seaweed to shellfish, the selection of seafood is endless. Not only that, there are so many different ways to enjoy it. Do you prefer your seafood roasted or in the raw? Maybe in a creamy pasta or paella? Steamed or as sushi? Swim for the fences for this week's mission and **show us your catch of the day with your favourite dish made with fish**. Surf's up!

## MISSION INSPIRATION

"There is definitely something fishy going on here!" Gastroposter **Irene Matys** says about these European seabass known as branzino. "Fired up the barbecue for Meatless Monday. We are hooked!" You've got us hooked now too, Irene!



CERTIFIED SUSTAINABLE SEAFOOD MSC  
Seafood with this mark comes from a fishery that has been independently certified to the MSC's standard for a well-managed and sustainable fishery

## MISSION PERK

There's nothing fishy about sustainable seafood. By choosing to eat seafood from sustainable sources, you're helping to protect the planet's marine environment and ensuring that seafood can be enjoyed for many years to come. It's amazing how easy it is to make a difference by simply buying products that feature the Marine Stewardship Council (MSC) ecolabel. This week, **WWF-Canada** wants you to **share your sustainable seafood dishes** by adding the hashtag **#WWFSchoolOffFish** to your **#gastropost**. You could **win a \$100 grocery store gift certificate and \$150 in Swissmar utensils**, including Patrick McMurray's Shucker Paddy Oyster Gear, to take your sustainable seafood meals to the next level. For more information on sustainable seafood and how it starts with you, visit **schooloffish.wwf.ca**.

\*For full details, visit [gastropost.nationalpost.com/somethingfishyterms](#)

## GASTROPOST IT

Whatever you eat in order to complete the mission, **the important part is sharing it with the Gastropost community**. There are several ways to do that:



Post a photo on Instagram and tag it with **#gastropost**



Post a photo through Twitter and tag it with **#gastropost**



Post directly to our website

Visit [gastropost.com](#) to see what your fellow Gastroposters have been eating.

# gastropost.com

DON'T HESITATE TO GET IN TOUCH WITH US. WE'D LOVE TO HEAR FROM YOU.

Email us at [hello@gastropost.com](#)

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