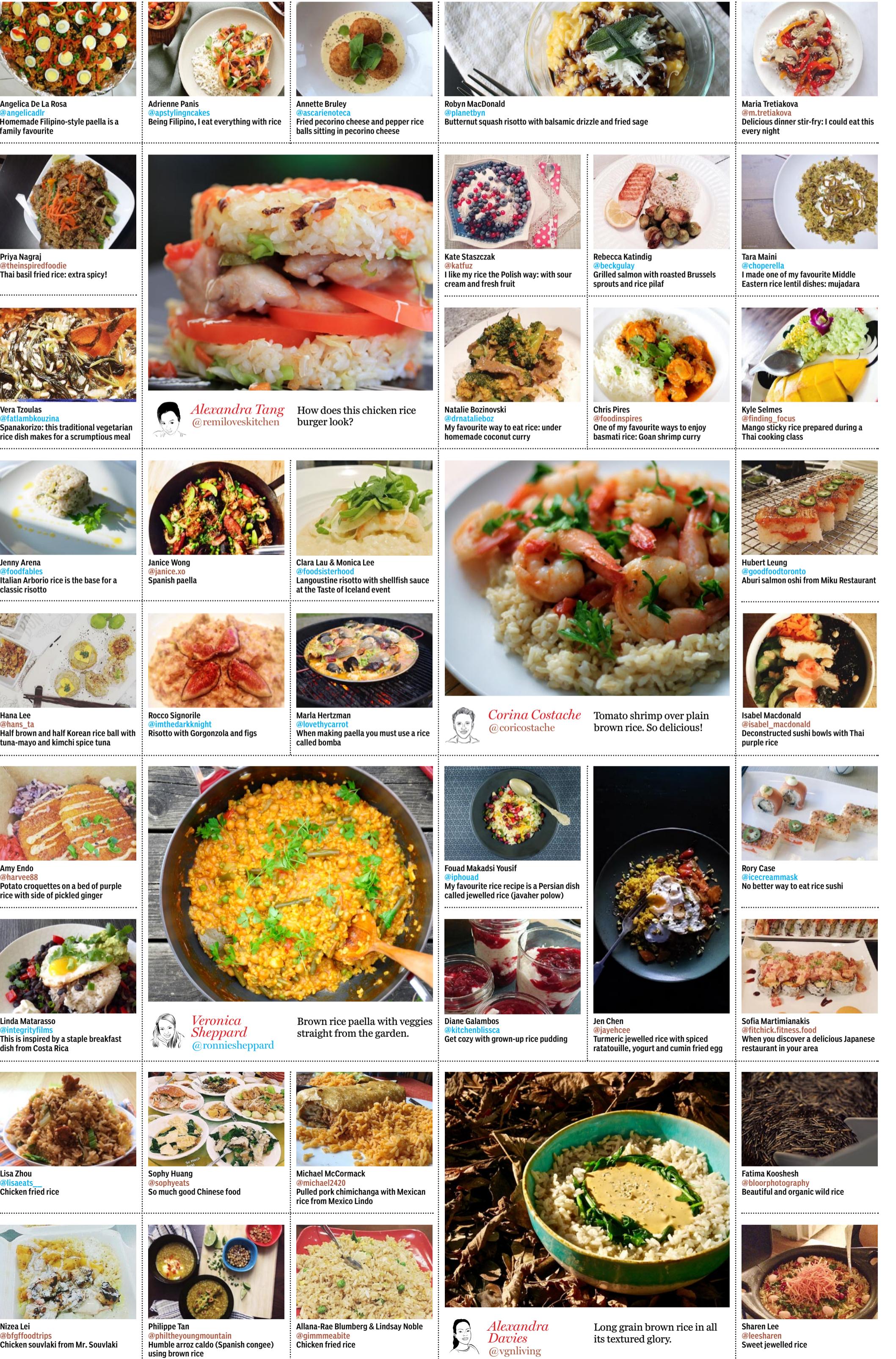


## YOUR MISSION COMPLETED: RICE!

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.



Viola Leung  
@viola623

Iris Martinez  
@iriscatalatina

Angela Ko  
@ko\_ange

Craving comfort food on this cold rainy day



Angela Seno  
@angela6eno

Reema McCowan  
@wunderpuss

Diana Chau  
@the\_wanderin\_foodie

I love rice 'cause I'm a Filipina!

Homemade onigiri with a tuna and Sriracha mayonnaise centre

Singapore chicken rice



Jhuls Em  
@tnscreativecook

My pineapple fried rice for this week's Gastropost mission



Nelson Cardoso  
@photosandfood

If butter chicken could sleep, what better bed would it find than a bed of basmati rice?



Dyshni Sritharan  
@redyshied

Basil chicken and pork wings



Lisa Waklam  
@spadigington

Basmati pilaf cooked with vegetable juice and heavy on the garlic



Fiona Wong  
@fifi\_hello

Last night's dinner



Lyn Gionette  
@thewindwars

Chicken teriyaki with brown rice from Kabuki Lounge



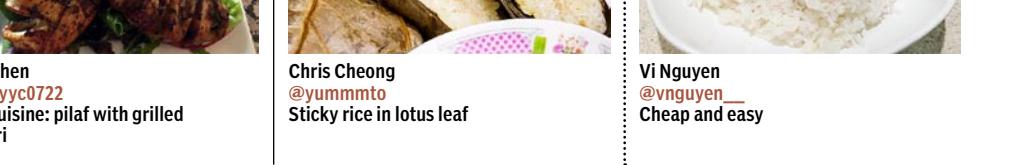
Rosemary Lai  
@petite\_cow

Shrimp and scallop okonomi-yaki



Suzie Durigon  
@suziedurigon

Rice Krispie bites topped cookie butter and melted milk chocolate.



Sanda Reza  
@sanda\_reza

Minced beef with red beans, served next to plain basmati rice



Diana Wong  
@dianeholiday

Malaysian pineapple fried rice



Rachel Chen  
@cafecatalogue

Working on my plating skills: tomato egg fried rice with sautéed garlic spinach



Michelle Young  
@michelleyoung

Brown rice broccoli casserole



Jessie Chen  
@jessieyyc0722

Greek cuisine: pilaf with grilled calamari



Chris Cheong  
@leummisto

Sticky rice in lotus leaf



Vi Nguyen  
@vnguyen

Cheap and easy



# YOUR FOOD COULD BE IN THE PAPER, TOO

## 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 too, Irene!



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 #WFWSchoolOfFish 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](http://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](mailto:hello@gastropost.com)

Or: [twitter.com/gastropost](http://twitter.com/gastropost) Like us at [facebook.com/gastropost](http://facebook.com/gastropost)