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Edamame and Sweet Potato Rice Bowl with Spinach and Tomato Salad

Ginger infuses flavor into this hearty rice bowl. We're tossing in nutty edamame and sweet potato for texture. Served over a spinach and tomato salad, this protein-packed dinner is ultra-satisfying.



Sweet Potato



Shelled Edamame



Onion



Spinach



Grape Tomatoes



Ginger



Sunflower Seeds



Feta



Brown Rice



White Wine Vinegar



Vegetable Stock Concentrate



Paprika

Ingredients

	2 People	4 People
Sweet Potato	12 oz	24 oz
Shelled Edamame 2)	1 ½ oz	3 oz
Onion	1	1
Spinach	5 oz	10 oz
Grape Tomatoes	4 oz	8 oz
Ginger	1 Thumb	2 Thumbs
Sunflower Seeds	1 oz	2 oz
Feta 1)	½ c	1 c
Brown Rice	¾ c	1 ½ c
White Wine Vinegar	2 T	4 T
Vegetable Stock Concentrate	1	2
Paprika	1 t	2 t
Oil*	2 T + 1 t	4 T + 2 t

*Not Included

Allergens

1) Milk

2) Soy

Tools

Peeler, Large Pan, Large Bowl

Nutrition per person Calories: 817 cal | Fat: 33 g | Sat. Fat: 7 g | Protein: 24 g | Carbs: 112 g | Sugar: 13 g | Sodium: 656 mg | Fiber: 16 g

Make sure to wash and dry produce before prepping or cooking!



1 Prep the ingredients: Halve the **tomatoes**. Peel the **sweet potato**, then dice into ½-inch cubes. Halve, peel, and mince **half the onion**. Peel, then mince or grate the **ginger**.

2 Cook the onions and ginger: Heat **2 Tablespoons oil** in a large pan over medium heat. Add the **onions** and **ginger** and cook, tossing for 4-5 minutes, until soft.



3 Cook the rice: Add the **rice** to the pan and cook, stirring for 1 minute. Add the **vinegar** and **paprika** and simmer for 2 minutes, until the liquid has reduced slightly.

4 Add **2 ½ cups water**, the **stock concentrate**, and the diced **sweet potato** to the pan. Bring to a boil, then reduce to simmer for 20-25 minutes until the **rice** is tender. **TIP:** If the liquid reduces before the rice and sweet potato are tender, simply add a splash of water to the pan.



5 Stir the **edamame** into the **rice**, cover, and let stand 5 minutes.

6 Make the spinach and tomato salad: Meanwhile, toss the **spinach** and **tomatoes** in a large bowl with a drizzle of **olive oil** and season with **salt** and **pepper**.



7 Finish and plate: Divide the **spinach and tomato salad** between plates (or bowls!) and serve the **rice mixture** on top. Sprinkle with the **sunflower seeds** and **feta** and dig in!

Ruler

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