



TOASTED RICE BOWL

with Shrimp, Sweet Corn, and Red Bell Pepper

PREP: 15 MIN
TOTAL: 30 MIN

LEVEL 1

DAIRY
FREE

GLUTEN
FREE

MAKE
FIRST



HELLO

TOASTED RICE

Adds a nutty flavor and textural contrast to the dish

INGREDIENTS:

- Basmati Rice
- Red Bell Peppers
- Garlic
- Scallions
- Lime
- Corn
- Chili Flakes 🌶️
- Shrimp (Contains: Shellfish)
- Soy Sauce (Contains: Soy)
- Sesame Oil
- Peanuts (Contains: Peanuts)

FOR 4 PEOPLE:

- 1 Cup
- 2
- 2 Cloves
- 2
- 1
- 15 oz
- 1 tsp
- 16 oz
- 4 TBSP
- 1 TBSP
- 2 oz

NUTRITION PER SERVING

487 cal | Fat: 18 g | Sat. Fat: 2.5 g | Protein: 27 g | Carbs: 47 g | Sugar: 10 g | Sodium: 1064 mg | Fiber: 5 g

START STRONG

Watch closely while the rice is toasting! Once the grains turn golden brown and release a deep nutty aroma, you're good to go.



BUST OUT

- Medium pot
- Strainer
- Oil (4 tsp)
- Large pan



1 TOAST RICE

Heat a large drizzle of **oil** in a medium pot over medium-high heat. Add half the **rice**, and stir continuously until **rice** is golden brown, 3-4 minutes.

2 BOIL RICE

Add remaining **rice** and **2 cups water** to pot. Bring to a boil, cover, and reduce to a low simmer until tender, 15-20 minutes.

3 PREP REMAINING INGREDIENTS

Wash and dry all produce.

Core, seed, and remove white ribs from **bell peppers**, then thinly slice. Mince **garlic**. Thinly slice **scallions**. Cut **lime** into wedges. Drain **corn**.



4 COOK VEGGIES AND SHRIMP

Heat a large drizzle of **oil** in a large pan over medium-high heat. Add **corn, bell peppers, scallions**, and a pinch of **chili flakes** (or leave them out entirely for the kids). Toss until lightly browned, 5-7 minutes. Add **shrimp** and **garlic**. Toss until cooked through, 3-4 minutes. Season with **salt** and **pepper**.

5 ADD RICE

Fluff **rice** with a fork, and add to pan along with **soy sauce** and **sesame oil**. Toss another minute. Season with **salt** and **pepper**.

6 FINISH

Serve divided between bowls with a wedge of **lime** and a sprinkle of **peanuts**.

PICTURE PERFECT!

Fluffy rice, colorful veggies, and a crunchy finish.

