PREP: 10MIN
TOTAL: 30 MIN

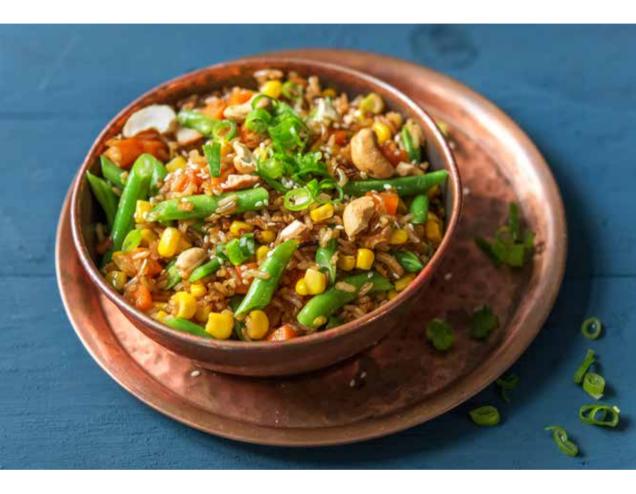














— **HELLO** — PROTEIN BOWL

Packed with supremely satisfying ingredients

INGREDIENTS:

- Brown Rice
- Cashews (Contains: Tree Nuts)
- Carrot
- Green Beans
- Scallions
- Garlic
- Ginger
- Corn
- Soy Sauce (Contains: Soy)
- Sesame Seeds

FOR 2 FOR 4 PEOPLE:

¾ Cup
 1½ Cups
 1 oz
 2 oz
 6 oz
 1½ cups
 1 oz

6 oz 12 o 2 4

2 Cloves 4 Cloves 1 Thumb 2 Thumbs

½ Can 1 Can 2 TBSP 4 TBSP

1TBSP 2TBSP

START STRONG

The trick to perfectly fluffy rice is to stir once at the beginning, and only once. This way, the grains will retain their texture without sticking together.

BUST OUT

- Large pot Strainer
- Baking sheet • Peeler
- Large pan
- Oil (1 TBSP | 2 TBSP)



PREHEAT OVEN AND **COOK RICE**

Wash and dry all produce. Preheat oven to 400 degrees. Bring a large pot of water to a boil. Add **rice** and cook until tender, 20-25 minutes. Drain.



TOAST CASHEWS Place **cashews** on a baking sheet, and toast in oven until fragrant, about 5 minutes. (TIP: Keep an eye on these so they don't burn!) Remove from sheet and set aside.



PREP REMAINING INGREDIENTS

Peel and finely dice **carrot**. Trim and cut green beans into 1-inch pieces. Thinly slice scallions, keeping greens and whites separate. Mince garlic. Peel and finely mince or grate ginger. Drain half of corn (we sent extra).



COOK VEGGIES Heat a drizzle of oil in a large pan over medium-high heat. Add carrots and toss until slightly softened, about 5 minutes. Add green beans and corn, and toss until green beans are crisp-tender, 4-5 minutes. Season with salt and pepper. Remove from pan and set aside.



TOAST RICE Heat a large drizzle of oil in same pan over medium-high heat. Add garlic and ginger. Cook 1 minute, until fragrant. Add cooked **rice** and toss until slightly crispy, 2-3 minutes. Add cooked veggies, soy sauce, and scallion whites. Toss another 1-2 minutes.



FINISH Divide rice between bowls. Sprinkle with cashews, sesame seeds, and scallion greens.

AMAZING!

Next time, add a fried egg for extra flavor.

