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## Toasted Rice Bowl

with Shrimp, Sweet Corn, and Red Bell Pepper

Rice bowls are great, but toasted rice bowls are out of this world. There's an irresistibly nutty flavor and textural contrast to this dish—not to mention a kick of spice from the chili, lime, and soy sauce.



**Prep:** 15 min  
**Total:** 35 min



level 1



nut  
free



dairy  
free



gluten  
free



make  
me first



Shrimp



Basmati  
Rice



Garlic



Scallions



Lime



Red Bell  
Pepper



Corn on  
the Cob




Soy  
Sauce



Chili  
Flakes

## Ingredients

	2 People	4 People
Shrimp	10 oz	20 oz
Basmati Rice	¾ Cup	1½ Cups
Garlic	2 Cloves	4 Cloves
Scallions	2	4
Lime	1	1
Red Bell Pepper	1	2
Corn on the Cob	1 Ear	2 Ears
Soy Sauce	1 T	2 T
Chili Flakes 	1 t	1 t
Oil*	2 t	4 t

\*Not Included

## Allergens

1) Shellfish

2) Soy

## Tools

Medium pot, Large pan

**Nutrition per person** Calories: 454 cal | Fat: 6g | Sat. Fat: 1g | Protein: 29g | Carbs: 73g | Sugar: 7g | Sodium: 960 mg | Fiber: 4g

1



**1 Toast the rice:** Heat a drizzle of **oil** in a medium pot over medium-high heat. Add half the **rice** and stir continuously, 2-3 minutes, until golden brown. **Tip:** Be careful not to burn the rice.

**2 Cook the rice:** Add the remaining **rice** and **1½ cups water** to the pot. Bring to a boil, then cover and reduce to a low simmer for about 15 minutes, until tender.

3



**3 Prep the remaining ingredients:** **Wash and dry all produce.** Core, seed, and thinly slice the **bell pepper**. Mince or grate the **garlic**. Thinly slice the **scallions**, keeping the **greens** and **whites** separate. Cut the **lime** into wedges. Chop the **shrimp** into ½-inch pieces. Shuck the **corn**, then cut the kernels off the cob.

4



**4 Cook the veggies and shrimp:** Heat a drizzle of **oil** in a large pan over medium-high heat. Add the **bell pepper**, **scallion whites**, **garlic**, and a pinch of **chili flakes** (to taste) to the pan. Cook, tossing, 5-7 minutes, until tender. Add the **shrimp** to the pan. Cook, tossing, 1-2 minutes, until cooked through. Season with **salt** and **pepper**.

**5 Add the rice:** Fluff the **rice** with a fork and add to the pan along with the **corn**, **scallion greens**, and **soy sauce**. Cook, tossing, for 1 minute. Season with **salt** and **pepper**.

5



**6 Finish:** Serve the **toasted shrimp rice bowl** with a wedge of **lime** and enjoy!

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