

## **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

















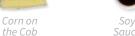




Lime



Pepper





Ingredients		2 People	4 People	*Not Included Allergens
Shrimp	1)	10 oz	20 oz	
Basmati Rice		¾ Cup	1½ Cups	
Garlic		2 Cloves	4 Cloves	1) Shellfish
Scallions		2	4	<b>2)</b> Soy
Lime		1	1	
Red Bell Pepper		1	2	
Corn on the Cob		1 Ear	2 Ears	
Soy Sauce	2)	1 T	2 T	
Chili Flakes 🥔		1 t	1 t	Tools
Oil*		2 t	4 t	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** Toast the rice: Heat a drizzle of oil in a medium pot over mediumhigh heat. Add half the rice and stir continuously, 2-3 minutes, until golden brown. Tip: Be careful not to burn the rice.





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.





**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.





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