



TOASTED BROWN RICE BOWL

with Green Beans, Carrots, and Cashews



HELLO TOASTED RICE

Lightly browned grains bring warm, nutty flavors

PREP: 10 MIN | **TOTAL: 50 MIN** | **CALORIES: 570**



Brown Rice



Carrot



Scallions



Garlic



Soy Sauce
(Contains: Soy)



Cashews
(Contains: Tree Nuts)



Green Beans



Ginger



Corn



Sesame Seeds

START STRONG

The only way to know when the rice is done is to taste: the grains should be tender and light, but still a little chewy.

BUST OUT

- Large pot
- Strainer
- Baking sheet
- Peeler
- Large pan
- Olive oil (1 TBSP | 2 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- | | |
|----------------|---------------------|
| • Brown Rice | ¾ Cup 1½ Cups |
| • Cashews | 1 oz 2 oz |
| • Carrot | 1 2 |
| • Green Beans | 6 oz 12 oz |
| • Scallions | 2 4 |
| • Garlic | 2 Cloves 4 Cloves |
| • Ginger | 1 Thumb 2 Thumbs |
| • Corn | ½ Can 1 Can |
| • Soy Sauce | 2 TBSP 4 TBSP |
| • Sesame Seeds | 1 TBSP 2 TBSP |

HELLO WINE



PAIR WITH
Trilus California
Chardonnay, 2015

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1 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, about 45 minutes. Drain.



4 COOK VEGGIES

Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add **carrot** and cook, tossing, until slightly softened, about 5 minutes. Toss in **green beans** and **corn**. Cook until green beans are tender but still have a little bite, 4-5 minutes. Season with **salt** and **pepper**. Remove from pan and set aside.



2 TOAST CASHEWS

Place **cashews** on a baking sheet. Toast in oven until browned and nutty-smelling, about 5 minutes. (**TIP:** Keep an eye on the nuts to make sure they don't burn.) Remove from sheet and set aside.



5 TOAST RICE

Once **rice** is cooked, heat a large drizzle of **olive oil** in same pan over medium-high heat. Add **garlic** and **ginger**. Cook, tossing, until fragrant, about 1 minute. Add **rice** and cook, tossing, until lightly toasted, 2-3 minutes. Stir in **veggies**, **soy sauce**, and **scallion whites**. Continue cooking until soy sauce is mostly absorbed, 1-2 minutes more.



3 PREP

Peel **carrot**, then finely chop. Trim any stems from **green beans**, then cut into 1-inch pieces. Trim, then thinly slice **scallions**, keeping greens and whites separate. Mince or grate **garlic**. Peel **ginger**, then grate or finely mince. Drain half the **corn** from can (save the rest for another use).



6 PLATE AND SERVE

Divide **rice mixture** between bowls. Sprinkle with **cashews**, **sesame seeds**, and **scallion greens** and serve.

AMAZING!

Next time, add a fried egg for extra protein.

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