



More than Food

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Toasted Thai Rice Bowl

with Shrimp, Sweet Corn, and Red Bell Pepper

Chili, lime, and soy sauce pack a delicious flavor punch in this Thai-inspired shrimp stir-fry. The toasted rice adds a nutty flavor and textural contrast to round out the dish.



30 min



level 1



make me first



nut free



dairy free



gluten free



Shrimp



Basmati Rice



Garlic



Scallions



Lime



Red Bell Pepper



Corn




Soy Sauce



Chili Flakes

Ingredients

	1)	4 People
Shrimp		20 oz
Basmati Rice		1½ C
Garlic		4 cloves
Scallions		4
Lime		1
Red Bell Pepper		2
Corn		12 oz
Soy Sauce	2)	4 T
Chili Flakes 		1 t
Oil*		4 t

*Not Included

Allergens

1) Shellfish

2) Soy

Tools

Large Pan, Medium Pot, Strainer

Ruler

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Nutrition per person Calories: 504 cal | Fat: 8 g | Sat. Fat: 1 g | Protein: 41 g | Carbs: 61 g | Sugar: 9 g | Sodium: 1272 mg | Fiber: 6 g

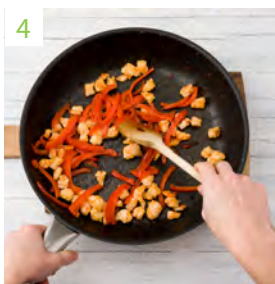
Make sure to wash and dry produce before prepping or cooking!



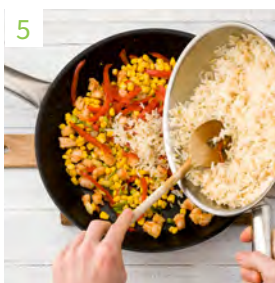
1 Toast the rice: Heat a large drizzle of **oil** in a medium pot over medium-high heat. Add **half the rice** and stir continuously until the rice is golden brown.



3 Prep the ingredients: Core, seed, and remove the white ribs from the **bell pepper**, then thinly slice. Mince or grate the **garlic**. Thinly slice the **scallions**, keeping the greens and whites separate. Cut the **lime** into wedges. Drain the **corn**. Chop the **shrimp** into ½-inch pieces.



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



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

6 Serve with a **wedge of lime** and enjoy!