



# GET YOUR GREENS RICE BOWL

with Bok Choy, Edamame, Asparagus, and Wasabi Crema



## HELLO WASABI CREMA

The prickly paste adds a kick to this creamy condiment.

**PREP: 10 MIN** | **TOTAL: 40 MIN** | **CALORIES: 580**



Brown Rice



Scallions



Asparagus



Edamame  
(Contains: Soy)



Wasabi Paste



Soy Sauce  
(Contains: Soy)



Sesame Seeds



Ginger



Baby Bok Choy



Lime



Sour Cream  
(Contains: Milk)



Sesame Oil



Cashews  
(Contains: Tree Nuts)

## START STRONG


Try it fried rice style: you can toss the asparagus, bok choy, and edamame into the pan at the same time as the rice in step 5 and mix everything together, then plate and garnish as instructed.

## BUST OUT

- Medium pot
- Strainer
- Peeler
- Large pan
- Small bowl
- Oil (4 tsp | 8 tsp)

## INGREDIENTS

Ingredient 2-person | 4-person

- |  |                    |
|--|--------------------|
| • Brown Rice   | ½ Cup   1 Cup      |
| • Ginger   | 1 Thumb   2 Thumbs |
| • Asparagus  | 6 oz   12 oz       |
| • Scallions  | 2   4              |
| • Baby Bok Choy  | 2   4              |
| • Lime   | 1   2              |
| • Edamame  | 4 oz   8 oz        |
| • Sour Cream   | 2 TBSP   4 TBSP    |
| • Wasabi Paste  | 1 tsp   1 tsp      |
| • Sesame Oil   | 1 TBSP   2 TBSP    |
| • Soy Sauce  | 1 TBSP   2 TBSP    |
| • Cashews  | 1 oz   2 oz        |
| • Sesame Seeds   | 1 TBSP   2 TBSP    |

## HELLO WINE



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## 1 COOK RICE

Bring a medium pot of **water** to a boil. Add **rice** and cook until tender, about 35 minutes. Drain.



## 4 WARM EDAMAME AND MAKE CREMA

Add **edamame**, **scallion whites**, and a drizzle of **oil** to same pan and cook until warmed through and lightly browned, 2-4 minutes. Remove from pan and set aside. Meanwhile, stir together **sour cream** and **2 TBSP water** in a small bowl. Season with **salt** and **pepper**. Stir in **wasabi paste** (to taste)—start with a pinch and go up from there.

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## 2 PREP

**Wash and dry all produce.** Peel **ginger**, then mince or finely grate. Trim woody bottom ends from **asparagus**, then cut into 2-inch pieces. Thinly slice **scallions**, keeping greens and whites separate. Cut off and discard root ends of **bok choy**, then separate into individual stalks. Cut **lime** into wedges.



## 5 TOAST RICE

Once rice is done, heat another drizzle of **oil** in same pan. Add **ginger**, **sesame oil**, and **soy sauce**. Cook, stirring, until fragrant, 1-2 minutes. Add **rice**, season with **salt** and **pepper**, and toss to coat.



## 3 COOK VEGGIES

Heat a drizzle of **oil** in a large pan over medium-high heat. Add **asparagus** and season with **salt** and **pepper**. Cook, tossing, until tender, 4-6 minutes. Remove from pan and set aside. Add **bok choy** and another drizzle of oil to pan. Season with salt and pepper. Cook, tossing, until tender-crisp, 3-5 minutes. Remove from pan and set aside.



## 6 PLATE AND SERVE

Divide **rice** between bowls. Top with **asparagus**, **bok choy**, and **edamame**. Sprinkle with **scallion greens**, **cashews**, and **sesame seeds**. Drizzle with **crema**. Serve with **lime wedges** for squeezing over.

## FEISTY!

The wasabi crema is guaranteed to perk your taste buds right up.

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