



# WINTER VEGGIES AND BROWN RICE

with Three Kinds of Herbs

PREP: 15 MIN  
TOTAL: 35 MIN

LEVEL 1

NUT FREE

GLUTEN FREE

VEGGIE



## HELLO

### PEPITAS

Crunchy, addictive pumpkin seeds

#### INGREDIENTS:

- Brown Rice
- Brussels Sprouts
- Carrot
- Rosemary
- Thyme
- Parsley
- Lemon
- Cauliflower Florets
- Veggie Stock Concentrate
- Pepitas

#### FOR 2 PEOPLE:

- ¾ Cup
- 8 oz
- 1
- ¼ oz
- ¼ oz
- ¼ oz
- 1
- 10 oz
- 1
- 1 oz

#### FOR 4 PEOPLE:

- 1½ Cups
- 16 oz
- 2
- ¼ oz
- ¼ oz
- ¼ oz
- 1
- 20 oz
- 2
- 2 oz

#### NUTRITION PER SERVING

612 cal | Fat: 24 g | Sat. Fat: 6 g | Protein: 19 g | Carbs: 92 g | Sugar: 11 g | Sodium: 318 mg | Fiber: 17 g

## START STRONG

When seasoning the veggies, make sure to sprinkle the salt and pepper with your hand held high above. That way, they'll disperse further before hitting the baking sheet, coating the pieces more evenly.



## BUST OUT

- Small pot
- Large bowl
- Small pan
- Olive oil (1 TBSP | 2 TBSP)
- Butter (1 TBSP | 2 TBSP)  
(Contains: Milk)
- Peeler
- Baking sheet



### 1 PREHEAT OVEN AND COOK RICE

#### Wash and dry all produce.

Preheat oven to 450 degrees. Bring **1½ cups water** to a boil in a small pot. Once boiling, add **brown rice**, then cover and reduce to a simmer. Cook until tender, about 25 minutes.

### 2 PREP

Trim and halve **Brussels sprouts** lengthwise. Peel, then thinly slice **carrot** on a diagonal into ¼-inch-thick slices. Strip **rosemary, thyme, and parsley leaves** from stems, keeping each herb separate from one another. Discard stems. Roughly chop all herbs. Halve **lemon**.

### 3 SEASON VEGGIES

In a large bowl, toss together **Brussels sprouts, carrots, cauliflower, thyme, and a large drizzle of olive oil**. Season with **salt and pepper**.



### 4 ROAST VEGGIES

Spread seasoned **veggies** out on a baking sheet and roast until tender, about 20 minutes. Toss halfway through.

### 5 MAKE HERB PAN SAUCE

Heat a drizzle of **olive oil** in a small pan over medium heat. Add **rosemary, ½ cup water, and stock concentrate**. Simmer until liquid has reduced by half. Add a squeeze of **lemon** and **1 TBSP butter**. Continue simmering until thickened, about 3 minutes.

### 6 FINISH AND PLATE

Fluff **rice** with a fork. Divide between plates, then top with roasted **veggies**. Drizzle the **pan sauce** onto veggies and garnish with **parsley and pepitas**.

## POWER UP!

Make it again with a different grain, like quinoa or farro.

