



AUG
2016

Toasted Brown Rice Bowl

with Cashews, Sesame, and Green Beans

After-dinner grazers and midnight snackers, take note: this energy bowl is loaded with protein, which means your stomach definitely won't be grumbling tonight. Plus, it's got all the Asian-fusion flavors we love: soy, ginger, and garlic.



Prep: 10 min
Total: 30 min



level 1



gluten
free



dairy
free



veggie



Brown Rice



Carrot



Corn
on the Cob



Green Beans



Scallions



Cashews



Ginger



Garlic



Sesame
Seeds



Soy Sauce

Ingredients

	2 People	4 People
Brown Rice	¾ Cup	1 ½ Cups
Carrot	1	2
Corn on the Cob	1	2
Green Beans	6 oz	12 oz
Scallions	2	4
Cashews	1) 1 oz	2 oz
Ginger	1 Thumb	2 Thumbs
Garlic	2 Cloves	4 Cloves
Sesame Seeds	1 T	2 T
Soy Sauce	2) 3) 2 T	4 T
Oil*	3 t	6 t
Eggs (optional)*	4) 2	4

*Not Included

Allergens

- 1) Tree Nuts
- 2) Soy
- 3) Wheat
- 4) Eggs

Tools

Large pot, Strainer, Baking sheet, Peeler, Large nonstick pan

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 551 cal | Fat: 18 g | Sat. Fat: 3 g | Protein: 14 g | Carbs: 88 g | Sugar: 12 g | Sodium: 656 mg | Fiber: 10 g

2



1 Cook the rice: Preheat the oven to 400 degrees. Bring a large pot of **salted water** to a boil. Add the **rice** to the boiling water. Cook 20-25 minutes, until tender. Drain.

3



2 Toast the cashews: Place the **cashews** on a baking sheet. Place in the oven to toast 3-5 minutes, until fragrant. Keep an eye on these so they don't burn! Remove from sheet and set aside.

3 Prep the remaining ingredients: **Wash and dry all produce.** Peel and finely dice the **carrot**. Trim and cut the **green beans** into 1-inch pieces. Thinly slice the **scallions**, keeping the **greens** and **whites** separate. Shuck the **corn**, then cut the kernels off the cob. Mince or grate the **garlic**. Peel and finely mince or grate the **ginger**.

4



4 Cook the veggies: Heat a drizzle of **oil** in a large nonstick pan over medium-high heat before adding the **carrot**. Cook, tossing, for about 5 minutes, until slightly softened. Season with **salt** and **pepper**. Add the **green beans** and **corn**. Cook, tossing, for 3-5 minutes, until the green beans are crisp-tender. Remove from pan and set aside.

5



5 Toast the rice: Heat a large drizzle of **oil** in the same pan over medium-high heat. Add the **garlic** and **ginger**. Cook 1 minute, until fragrant. Add the **rice** to the pan. Cook, tossing, for 1-2 minutes, until slightly crispy and golden brown. Add the **veggies**, **soy sauce**, and **scallion whites** to the pan. Cook, tossing, for 1-2 minutes. **HINT:** This would be a great time to fry up a sunny-side-up egg to serve over each rice bowl!

6 Finish: Divide the **brown rice** between bowls. Sprinkle with **toasted cashews**, **sesame seeds**, and **scallion greens**. Enjoy!

Share your masterpiece on social media! Tag your photos with #HelloFreshPics and you'll be entered into our weekly photo contest!

