



BOK CHOY AND BLACK RICE VEGGIE BOWL

with Marinated Radishes and Mushrooms



HELLO BOK CHOY

The leafy Asian green has tender leaves and stalks with major crunch

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 500



Black Thai Rice



Ginger



Radishes



White Wine Vinegar



Sesame Oil



Baby Bok Choy



Garlic



Button Mushrooms



Soy Sauce
(Contains: Soy)



Cashews
(Contains: Tree Nuts)

START STRONG

To prep the bok choy, slice the whole bunch crosswise around the point where the thin leaves turn into crisp stems.

BUST OUT

- Large pot
- Strainer
- Peeler
- Small bowl
- Large pan
- Oil (1 tsp | 2 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Black Thai Rice ¾ Cup | 1½ Cups
- Baby Bok Choy 2 | 4
- Ginger 1 Thumb | 2 Thumbs
- Garlic 2 Cloves | 4 Cloves
- Radishes 3 | 3
- Button Mushrooms 4 oz | 8 oz
- White Wine Vinegar 2 TBSP | 2 TBSP
- Soy Sauce 2 TBSP | 4 TBSP
- Sesame Oil 1 TBSP | 2 TBSP
- Cashews 1 oz | 2 oz

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1 COOK RICE

Bring a large pot of **salted water** to boil. Add **rice** and boil until tender, about 30 minutes. Drain and set aside until meal is ready. **TIP:** No need to measure out the water—you're cooking the rice like pasta here.



4 COOK AROMATICS AND MUSHROOMS

Heat a drizzle of **oil** in a large pan over medium-high heat. Add **garlic** and **ginger**. Cook, tossing, until fragrant, 1-2 minutes. Add **mushrooms** and cook, tossing, until softened and a few shades darker in color, about 5 minutes.



2 PREP

Wash and dry all produce.

Separate tender leaves from crisp stems of **bok choy**. Thinly slice the stems. Peel **ginger**, then finely mince until you have ½ TBSP. Mince or grate **garlic**. Thinly slice **radishes**. Trim **mushrooms**, then thinly slice.



5 COOK BOK CHOY

Add **bok choy stems** to pan and cook until tender but still crisp, about 3 minutes. Add **bok choy leaves, soy sauce, and sesame oil**. Toss to coat veggies. Cook until bok choy leaves are just wilted and sesame oil is fragrant, 1-2 minutes.



3 MARINATE RADISHES

Toss **radishes** in a small bowl with **vinegar** and a pinch of **salt**. Set aside to marinate.



6 PLATE AND SERVE

Divide **rice** between bowls. Top with **mushroom and bok choy mixture**. Garnish with **radishes** and **cashews**.

PAINT IT BLACK!

Black rice makes this dish as stunning to look at as it is to eat.