



# ROASTED CHILI BRUSSELS SPROUTS

and Sprouted Brown Rice in a Herb Vinaigrette



**HELLO**  
**SPROUTED BROWN RICE**  
 Sprouted brown rice is nutritionally superior to their non-sprouted counterparts, and easier to digest

**PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 925**

-  Sprouted Brown Rice
-  Zucchini
-  Red Bell Pepper
-  Green Onions
-  Parsley
-  Brussels Sprouts
-  Lemon
-  Dijon Mustard
-  White Wine Vinegar
-  Chili Flakes
-  Seed Blend

## BUST OUT

- Medium Pot
- Small Bowl
- Baking Sheet
- Strainer
- Measuring Cups
- Sugar (1/4 tsp | 1/2 tsp)
- Whisk
- Salt and Pepper
- Zester
- Olive or Canola oil
- Medium Bowl

## INGREDIENTS

2-person | 4-person

- Sprouted Brown Rice 1 pkg (1/2 cup) | 2 pkg (1 cup)
- Zucchini 227 g | 454 g
- Red Bell Pepper 227 g | 454 g
- Green Onions 2 | 4
- Parsley 1 pkg (10 g) | 1 pkg (10 g)
- Brussels Sprouts 1 pkg (227 g) | 2 pkg (454 g)
- Lemon 1 | 1
- Dijon Mustard 6,9 1 pkg (1 1/2 tsp) | 2 pkg (3 tsp)
- White Wine Vinegar 9 1/2 bottle (1 tbsp) | 1 bottle (2 tbsp)
- Chili Flakes 1 pkg (1 tsp) | 1 pkg (1 tsp)
- Seed Blend 1 pkg (28 g) | 2 pkg (56 g)

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.



## START STRONG



Preheat the oven to **425°F** (to roast the Brussels sprouts). Start prepping when the oven comes up to temperature!



**1 COOK RICE**  
In a medium pot, combine the **rice** with **1 1/4 cups salted water** (double for 4 ppl). Bring it to a boil over high heat, then reduce the heat to medium-low. Cover with a lid and simmer until the rice is tender, 25-28 min. (Drain any excess liquid from the rice when it's done cooking.)



**4 MAKE VINAIGRETTE**  
Meanwhile, in a medium bowl, whisk together the **mustard**, **1/2 bottle vinegar** (1 bottle for 4 ppl), **1/4 tsp sugar** (double for 4 ppl) with a drizzle of **oil**. Season with **salt** and **pepper**.



**2 PREP**  
**Wash and dry all produce.\*** Coarsely grate the **zucchini**, then squeeze the excess liquid, by hand, into a small bowl and discard. Core, then cut the **bell pepper(s)** into 1/4-inch pieces. Cut the **Brussels sprouts** in half. Thinly slice the **green onions**. Finely chop the **parsley**. Zest the **lemon**, then cut into wedges.



**5 ASSEMBLE SALAD**  
Add the **zucchini**, **bell peppers**, **seed blend**, **half the parsley** and **remaining lemon zest** to the **vinaigrette**. Toss to combine.



**3 ROAST BRUSSELS SPROUTS**  
On a baking sheet, toss the **sprouts** with **half the lemon zest**, a drizzle of **oil**, and as much **chili flakes** as you like. Season with **salt** and **pepper**. Roast in the oven until the sprouts start to soften, 10 min. Sprinkle the **green onions** over the sprouts and return to the oven. Roast until the sprouts are golden-brown and tender, 8-10 min.



**6 FINISH AND SERVE**  
Add the **rice** to the **veggies** and stir until combined. Divide between bowls. Top with the **roasted brussel sprouts** and **remaining parsley**. Squeeze over a **lemon wedge**, if desired.

## PERFECT!

This dish is both comforting and wholesome!