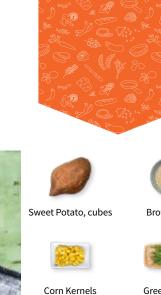


Toasted Brown Rice Bowl

with Sweet Potatoes, Green Beans and Cashews

35 Minutes





Brown Rice



Green Beans





Green Onions

Ginger





Sesame Seeds



Soy Sauce

Sesame Oil





Cashews, chopped

Vegetable Broth Concentrate



Rice Vinegar





START HERE

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Parchment Paper, Baking Sheet, Measuring Cups, Strainer, Medium Pot, Measuring Spoons, Microplane/Zester, Large Non-Stick Pan,

Ingredients

	2 Person	4 Person
Sweet Potato, cubes	340 g	680 g
Brown Rice	½ cup	1 cup
Corn Kernels	113 g	227 g
Green Beans	170 g	340 g
Green Onions	2	2
Ginger	30 g	60 g
Garlic	6 g	12 g
Sesame Seeds	1 tbsp	2 tbsp
Soy Sauce	2 tbsp	4 tbsp
Sesame Oil	1 tbsp	1 tbsp
Cashews, chopped	28 g	56 g
Vegetable Broth Concentrate	1	2
Rice Vinegar	1 tbsp	1 tbsp
Oil*		
Salt and Pepper*		

^{*} Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1. COOK RICE

Using a strainer, rinse **rice**. In a medium pot, combine **rice** and **broth concentrate(s)** with **1** ½ **cups water** (dbl for 4 ppl). Bring to a boil over high heat. Once boiling, reduce heat to medium-low. Cover and simmer, until **rice** is tender, 28-30 min. Remove pot from heat. Let stand, 2-3 min, then drain any **excess water**.



2. ROAST SWEET POTATOES

While **rice** cooks, toss **sweet potatoes** with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in **middle** of oven, flipping halfway through cooking, until golden-brown, 22-24 min.



3. TOAST SEEDS & NUTS

While **sweet potatoes** roast, trim **beans**, then cut into 1-inch pieces. Thinly slice **green onions**. Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). Peel, then mince or grate **garlic**. Heat a large non-stick pan over medium-high heat. When hot, add **sesame seeds** and **cashews** to the dry pan. Toast, stirring often, until golden-brown, 2-3 min. (**TIP**: Keep your eye on nuts and seeds so they don't burn!) Transfer to a plate and set aside.



4. COOK VEGGIES

Reheat the same pan over medium-high heat. When hot, add 1 tbsp oil (dbl for 4 ppl), then beans. Cook, stirring occasionally, until tender-crisp, 3-4 min. Add garlic, ginger, corn and half the green onions. Cook, stirring often, until fragrant and warmed through, 2-3 min. Transfer veggies to another plate and set aside.



5. TOAST RICE & ASSEMBLE

Reheat the same pan over medium heat. When hot, add ½ tbsp oil (dbl for 4 ppl) and 1½ tsp sesame oil (1 tbsp for 4 ppl), then cooked rice. Cook, stirring occasionally, until rice is golden and any remaining liquid is absorbed, 3-4 min. Remove pan from heat. Add veggies, roasted sweet potato, soy sauce, half the toasted seed and nut mixture and 1½ tsp rice vinegar (1 tbsp for 4 ppl). Stir together.



6. FINISH AND SERVE

Divide **veggie brown rice** between plates. Sprinkle over **remaining seed and nut mixture** and **remaining green onions**.

Dinner Solved!