



Toasted Brown Rice Bowl

with Sweet Potatoes, Green Beans and Cashews














VEGGIE 35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



-  Sweet Potato, cubes
-  Brown Rice
-  Corn Kernels
-  Green Beans
-  Green Onions
-  Ginger
-  Garlic
-  Sesame Seeds
-  Soy Sauce
-  Sesame Oil
-  Cashews, chopped
-  Vegetable Broth Concentrate
-  Rice Vinegar

HELLO BROWN RICE

Brown rice is a type of whole rice that has only the outer husk removed.

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 ¼ 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**.



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.



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.



5. TOAST RICE & ASSEMBLE

Reheat the same pan over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl) and **1 ½ 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 **1 ½ tsp rice vinegar** (1 tbsp for 4 ppl). Stir together.



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.



6. FINISH AND SERVE

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

Dinner Solved!