



Toasted Rice Bowls

with Sweet Potatoes, Sugar Snap Peas and Cashews

Veggie

35 Minutes



Sweet Potato



Basmati Rice



Sugar Snap Peas



Green Onions



Ginger



Garlic Puree



Sesame Seeds



Soy Sauce



Sesame Oil



Cashews, chopped



Vegetable Broth Concentrate



Seasoned Rice Vinegar



Edamame

HELLO CASHEWS

Rich and buttery, this versatile tree nut pairs beautifully with rice bowls!

Start here

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

Bust out

Baking sheet, vegetable peeler, microplane/zester, measuring spoons, medium pot, parchment paper, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Sweet Potato	340 g	680 g
Basmati Rice	¾ cup	1½ cups
Sugar Snap Peas	113 g	227 g
Green Onions	2	4
Ginger	30 g	60 g
Garlic Puree	1 tbsp	2 tbsp
Sesame Seeds	1 tbsp	2 tbsp
Soy Sauce	2 tbsp	4 tbsp
Sesame Oil	½ tbsp	1 tbsp
Cashews, chopped	28 g	56 g
Vegetable Broth Concentrate	1	2
Seasoned Rice Vinegar	½ tbsp	1 tbsp
Edamame	56 g	113 g
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional 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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Cook rice

Add **1 ¼ cups water**, **⅛ tsp salt** (dbl both for 4 ppl) and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat. Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Cook veggies

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



Roast sweet potatoes

While **rice** cooks, peel, then cut **sweet potatoes** into ½-inch pieces. Add **sweet potatoes** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in the **middle** of the oven, flipping halfway through, until golden-brown and tender, 22-24 min.



Toast rice and assemble

Reheat the same pan over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl) and **half the sesame oil** (use all for 4 ppl), then **rice**. Cook, stirring occasionally, until **rice** is golden and any **remaining liquid** is absorbed, 3-4 min. Remove the pan from heat. Add **veggies**, **sweet potatoes**, **soy sauce**, **half the nuts and seeds** and **half the rice vinegar** (use all for 4 ppl). Stir to combine.



Toast nuts and seeds

While **sweet potatoes** roast, trim **snap peas**, then cut into 1-inch pieces. Thinly slice **green onions**. Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). 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 the nuts and seeds so they don't burn!) Transfer to a plate and set aside.



Finish and serve

Fluff **rice** with a fork. Divide **veggie rice** between plates. Sprinkle **remaining nuts and seeds** and **remaining green onions** over top.

Dinner Solved!