



Cooking Made Easy

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## Forbidden Rice Salad

with Sugar Snap Peas, Beets & Mango



Forbidden rice may have earned its name from ancient China, where only emperors could enjoy this rare, nutrient-dense grain. Luckily, you don't have to be a royal to enjoy it today. Tossed with juicy mango, crisp snap peas, and sweet beets, this salad is full of unexpected flavors. The cilantro-lime vinaigrette pulls them all together!



40 min



level 1



nut free



gluten free



vegan



Forbidden Rice



Mango



Scallions



Beets



Cilantro



Lime



Shallot



Sugar Snap Peas

Ingredients	2 People	4 People
Forbidden Rice	¾ C	1 ½ C
Lime	1	2
Scallions	2	4
Shallot	1	2
Cilantro	1 bunch	2 bunches
Mango	1	2
Sugar Snap Peas	6 oz	12 oz
Pre-Cooked Beets	8 oz	16 oz
Olive Oil*	2 T	4 T

\*Not Included

**Allergens**  
(None)

**Tools**  
Medium Pot, Medium Bowl, Small Bowl, Peeler

Ruler  
0 in ¼ in ½ in ¾ in 1 in

**Nutrition per person** Calories: 518 cal | Carbs: 87 g | Fat: 14 g | Protein: 10 g | Fiber: 7 g



**1** In a medium pot, bring 3 cups **water** to a boil with a large pinch of **salt**. Meanwhile, halve and juice the **lime**. Mince the **shallot**. Chop the **cilantro**. Thinly slice the **scallions** and **beets**.



**2** Once boiling, add the **snap peas** to the boiling water and cook for 2-3 minutes, until crisp-tender. Remove with a slotted spoon and rinse under cold water, then set aside in a medium bowl. Add the **forbidden rice** to the boiling water and cook, covered, for 25-30 minutes, until tender. Drain and set aside with the snap peas.



**3** While the rice cooks, prepare the rest of the salad: peel the **mango**, then slice around the flat pit to remove the flesh. Cut the mango into ½-inch pieces.

**4** Make the **dressing**: in a small bowl, combine the **lime juice**, **half the cilantro**, **shallot** (to taste), and 2 tablespoons **olive oil**. Season with **salt** and **pepper**.



**5** Toss the **mango**, **beets**, and **scallions** with the **rice and snap peas**, then drizzle with the **dressing**. Season with **salt** and **pepper** and toss to combine. Serve in bowls and garnish with **remaining cilantro**. Enjoy!