



More than Food

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Toasted Brown Rice Protein Bowl

with Stir-Fried Veggies and Cashews

This vegetarian masterpiece is packed with protein from nuts and seeds, adding both nutrition and crunch. We've added green beans, corn, and carrot for color, then tossed it all with nutty brown rice to round out the flavors.



Brown Rice



Carrot



Corn



Scallions



Green Beans



Green Bell Pepper



Cashews



Almonds



Soy Sauce

Ingredients

	2 People	4 People
Brown Rice	¾ C	1 ½ C
Carrot	1	2
Corn	6 oz	12 oz
Scallions	2	4
Green Beans	4 oz	8 oz
Green Bell Pepper	1	2
Cashews	1) 1 oz	2 oz
Almonds	1) 1 oz	2 oz
Soy Sauce	2) 2 T	4 T
Egg*	3) 1	2
Olive Oil*	1 T	2 T

*Not Included

Allergens

- 1) Nuts
- 2) Soy
- 3) Eggs

Tools

Medium Pot, Baking Sheet, Large Pan, Strainer, Peeler

Nutrition per person Calories: 640 cal | Carbs: 98 g | Fat: 23 g | Protein: 17 g | Fiber: 12 g | Sodium: 634 mg

Make sure to wash and dry produce before prepping or cooking!



1 Cook the rice: Preheat the oven to 350 degrees. Bring a medium pot of **water** with a large pinch of **salt** to a boil. Add the **rice** to the boiling water and cook for 20-25 minutes. Once tender, drain, rinse with cold water, and set aside.

2 Prep the veggies: Core, seed, and remove white ribs from the **bell pepper**, then finely dice. Peel and dice the **carrot**. Cut the **green beans** into 1-inch pieces. Thinly slice the **scallions**, keeping the whites and greens separate.



3 Toast the nuts: Place the **cashews** and **almonds** on a baking sheet. Place in the oven for 3-6 minutes, until toasted and fragrant. Keep an eye on them - they can burn easily! Once cooled, roughly chop.

4 Heat **2 teaspoons olive oil** in a large pan over medium heat. Add the **carrots** and **half the bell pepper** and cook, tossing, for about 5 minutes, until slightly softened. Season with **salt** and **pepper**. Add the **green beans** and **corn** and cook, tossing, for another 5 minutes, until the **green beans** are crisp-tender. Set aside.



5 Heat a drizzle of **olive oil** in the same pan over medium-high heat. Add the **rice** and cook, tossing, for 2-3 minutes, until slightly crispy. Return the veggies to the pan along with the **scallion whites**, **remaining bell pepper**, and **soy sauce** (to taste). Cook for another minute or two until warmed through. If you have an **egg** handy, move the rice to the side and add the egg. Scramble and once cooked, toss it into the rice.



6 Serve the **brown rice** and **veggies** and sprinkle the **almonds**, **cashews**, and **scallion greens** on top! Enjoy!

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