



**HELLO
FRESH**

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2

Mini Cucumber



4 oz | 8 oz

Edamame
Contains: Soy



1 tsp | 2 tsp

Sriracha



1½ oz | 3 oz

Sesame Dressing
Contains: Sesame,
Soy, Wheat



1 TBSP | 1 TBSP

Sesame Seeds
Contains: Sesame



¼ oz | ¼ oz

Cilantro



4 TBSP | 8 TBSP

Sweet Soy Glaze
Contains: Sesame,
Soy, Wheat



4 oz | 8 oz

Red Cabbage
and Carrot Mix



1 | 2

Microwavable
Rice



✓ **READY, SET,
LUNCH!**



ANY ISSUES WITH
YOUR ORDER?
SCAN HERE TO
GET HELP!

TOTAL TIME: 10 MIN | CALORIES: 540



BUST OUT

- Medium bowl
- Paper towels
- Small bowl
- Kosher salt
- Black pepper
- Butter (**1 TBSP** | **2 TBSP**)

Contains: Milk

MASSAGE THERAPY

Massaging the bag of rice before microwaving helps separate the grains for more even heating.

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SWEET & SPICY RAINBOW EDAMAME RICE BOWLS

with Cabbage, Carrots & Sesame Dressing

INSTRUCTIONS

- **Wash and dry produce.**
- Halve **cucumber** lengthwise; thinly slice into half-moons. Roughly chop **cilantro**.
- Place **edamame** in a medium microwave-safe bowl. Microwave until tender, 45 seconds. Drain any excess water if necessary. Transfer to a paper-towel-lined plate to cool. Season with **salt** and **pepper**. Wipe out bowl.
- While edamame cooks, in a small bowl, combine **sweet soy glaze** and **Sriracha** to taste (use less if you prefer less heat).
- In bowl used for edamame, combine **cabbage and carrot mix**, **cucumber**, **dressing**, and **half the cilantro**.
- Meanwhile, massage **rice** in package to break up grains. Partially open package and insert **1 TBSP butter** (use **1 TBSP butter per package for 4 servings**). Microwave according to package instructions, 90 seconds. Fluff with a fork. **TIP: To make it easier to fluff the rice, transfer to a bowl first.**
- Divide **rice** between bowls; top with **edamame** and **salad** in separate sections. Drizzle **soy-Sriracha mixture** over everything; garnish with **sesame seeds** and **remaining cilantro**. Serve.