



VEGAN CALI-STYLE ZUCCHINI & 'SHROOM BOWLS

with Lemon Herb Rice & Creamy Avocado Sauce

INGREDIENTS

2 PERSON | 4 PERSON



¾ Cup | 1½ Cups
Jasmine Rice



1 | 2
Zucchini



1 | 2
Tomato



1 | 2
Red Onion



1 oz | 2 oz
Roasted Garlic and
Onion Spread



8 oz | 16 oz
Button Mushrooms



1 | 2
Lemon



¼ oz | ½ oz
Parsley



1 tsp | 1 tsp
Dried Oregano



2 TBSP | 4 TBSP
Vegan Mayonnaise



4 TBSP | 8 TBSP
Guacamole



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

HELLO

CREAMY AVOCADO SAUCE

Guacamole, vegan mayonnaise, lemon, and parsley make for a luscious vegan drizzle.



PREP: 15 MIN | COOK: 35 MIN | CALORIES: 630



THE RICE IS RIGHT

The key to tender rice? Simmer in a tightly covered pot until no water remains (don't peek too often!), then let it sit covered off heat so the moisture redistributes.

BUST OUT

- Small pot
 - Zester
 - Large bowl
 - Large pan
 - Aluminum foil
 - Paper towels
 - Baking sheet
 - Small bowl
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- Kosher salt
 - Black pepper
 - Cooking oil (4 tsp | 4 tsp)



1 COOK RICE

- Adjust rack to middle position and preheat oven to 450 degrees.
- In a small pot, combine **rice, 1¼ cups water (2¼ cups for 4 servings)**, and a **large pinch of salt**. Bring to a boil, then cover and reduce heat to a low simmer. Cook until rice is tender, 15-18 minutes.
- Keep covered off heat until ready to serve.



2 START PREP

- While rice cooks, **wash and dry produce**.
- Slice **zucchini** on a diagonal into ½-inch-thick pieces. (**TIP: If your zucchini is large, halve lengthwise first.**) Cut **tomato** into ½-inch-thick wedges. Halve, peel, and cut **onion** into ½-inch-thick wedges.



3 ROAST VEGETABLES

- In a large bowl, toss **zucchini, tomato, and onion** with **roasted garlic and onion spread**, a **large drizzle of oil, salt, and pepper** until veggies are coated.
- Transfer to a foil-lined baking sheet in an even layer. Roast on middle rack until browned and tender, 14-16 minutes.



4 FINISH PREP

- Meanwhile, trim and quarter **mushrooms (skip if your mushrooms are pre-sliced!)**. Zest and quarter **lemon**. Roughly chop **parsley**.



5 COOK MUSHROOMS

- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **mushrooms** and **half the oregano (all for 4 servings)**. Cook, stirring occasionally, until browned and slightly crispy, 5-7 minutes. Season with **salt** and **pepper**. Transfer to a paper-towel-lined plate.



6 MAKE AVOCADO SAUCE

- In a small bowl, combine **mayonnaise, guacamole, half the parsley, and juice from one lemon wedge (two lemon wedges for 4 servings)**.
- Add **water** 1 tsp at a time until mixture reaches a drizzling consistency. Taste and season with **salt** and **pepper** if desired.



7 FINISH & SERVE

- Fluff **rice** with a fork; stir in **remaining parsley, a big pinch of lemon zest, and juice from one lemon wedge (two lemon wedges for 4 servings)**. Taste and season with **salt** and **pepper**.
- Divide rice between shallow bowls. Top with **roasted veggies** and **mushrooms**; drizzle with **avocado sauce**. Serve with remaining lemon wedges on the side.