PROTEIN-PACKED RICE BOWL

with Cashews, Sesame, and Green Beans

PREP: 10 MIN
TOTAL: 30 MIN | **LEVEL 1**

GLUTEN FREE · DAIRY FREE · VEGGIE

HELLO
PROTEIN BOWL
Packed with supremely satisfying ingredients

INGREDIENTS:

	FOR 2 PEOPLE:	FOR 4 PEOPLE:
• Brown Rice	¾ Cup	1½ Cups
• Cashews (Contains: Tree Nuts)	1 oz	2 oz
• Carrot	1	2
• Green Beans	6 oz	12 oz
• Scallions	2	4
• Garlic	2 Cloves	4 Cloves
• Ginger	1 Thumb	2 Thumbs
• Corn	½ Can	1 Can
• Soy Sauce (Contains: Soy)	2 TBSP	4 TBSP
• Sesame Seeds	1 TBSP	2 TBSP

NUTRITION PER SERVING

572 cal | Fat: 19 g | Sat. Fat: 2 g | Protein: 16 g | Carbs: 80 g | Sugar: 14 g | Sodium: 778 mg | Fiber: 11 g

The trick to perfectly fluffy rice is to stir once at the beginning, and only once. This way, the grains will retain their texture without sticking together.

- Large pot
- Baking sheet
- Large pan
- Oil (1 TBSP | 2 TBSP)
- Strainer
- Peeler

1 PREHEAT OVEN AND COOK RICE

Wash and dry all produce. Preheat oven to 400 degrees. Bring a large pot of **water** to a boil. Add **rice** and cook until tender, 20-25 minutes. Drain.

2 TOAST CASHEWS

Place **cashews** on a baking sheet, and toast in oven until fragrant, about 5 minutes. (**TIP:** Keep an eye on these so they don't burn!) Remove from sheet and set aside.

3 PREP REMAINING INGREDIENTS

Peel and finely dice **carrot**. Trim and cut **green beans** into 1-inch pieces. Thinly slice **scallions**, keeping **greens** and **whites** separate. Mince **garlic**. Peel and finely mince or grate **ginger**. Drain half of **corn** (we sent extra)**.**

4 COOK VEGGIES

Heat a drizzle of **oil** in a large pan over medium-high heat. Add **carrots** and toss until slightly softened, about 5 minutes. Add **green beans** and **corn,** and toss until green beans are crisp-tender, 4-5 minutes. Season with **salt** and **pepper**. Remove from pan and set aside.

5 TOAST RICE

Heat a large drizzle of **oil** in same pan over medium-high heat. Add **garlic** and **ginger**. Cook 1 minute, until fragrant. Add cooked **rice** and toss until slightly crispy, 2-3 minutes. Add cooked **veggies, soy sauce**, and **scallion** whites. Toss another 1-2 minutes.

6 FINISH

Divide **rice** between bowls. Sprinkle with **cashews**, **sesame seeds**, and **scallion greens**.

AMAZING!

Next time, add a fried egg for extra flavor.