




# Toasted Rice Bowl

with Sweet Potatoes, Sugar Snap Peas and Cashews

Veggie 35 Minutes



-  Sweet Potato
-  Basmati Rice
-  Sugar Snap Peas
-  Green Onions
-  Ginger
-  Garlic Puree
-  Sesame Seeds
-  Soy Sauce
-  Sesame Oil
-  Cashews, chopped
-  Vegetable Broth Concentrate
-  Seasoned Rice Vinegar
-  Edamame

HELLO CASHEWS

*Rich and buttery, this versatile tree nut pairs perfectly with rice bowls!*

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, microplane/zester, measuring spoons, medium pot, vegetable peeler, parchment paper, measuring cups, large non-stick pan

## Ingredients

	2 Person	4 Person
Sweet Potato	340 g	680 g
Basmati Rice	¾ cup	1 ½ cup
Sugar Snap Peas	113 g	227 g
Green Onions	2	4
Ginger	30 g	60 g
Garlic Puree	1 tbsp	2 tbsp
Sesame Seeds	1 tbsp	2 tbsp
Soy Sauce	2 tbsp	4 tbsp
Sesame Oil	½ tbsp	1 tbsp
Cashews, chopped	28 g	56 g
Vegetable Broth Concentrate	1	2
Seasoned Rice Vinegar	½ tbsp	1 tbsp
Edamame	56 g	113 g
Oil*		
Salt and Pepper*		

\* Pantry items

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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### Cook rice

Bring **1 ¼ cups water**, **⅛ tsp salt** (dbl both for 4 ppl) and **broth concentrate** to a boil in a covered medium pot. Add **rice**, then reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min. Fluff the **rice** with a fork.



### Cook veggies

Reheat the same pan over medium-high. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **snap peas** and **edamame**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Add **garlic puree**, **ginger** and **half the green onions**. Cook, stirring often, until fragrant and warmed through, 2-3 min. Transfer **veggies** to another plate and set aside.



### Roast sweet potatoes

While **rice** cooks, peel, then cut **sweet potatoes** into ½-inch pieces. Add **sweet potatoes** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat. Roast in **middle** of oven, flipping halfway through cooking, until golden-brown and tender, 22-24 min.



### Toast rice and assemble

Reheat the same pan over medium. When hot, add **½ tbsp oil** (dbl for 4 ppl) and **half the sesame oil** (all for 4 ppl), then **rice**. Cook, stirring occasionally, until **rice** is golden and any **remaining liquid** is absorbed, 3-4 min. Remove pan from heat. Add **veggies**, **sweet potato**, **soy sauce**, **half the nuts and seeds** and **half the rice vinegar** (all for 4 ppl). Stir to combine.



### Toast nuts and seeds

While **sweet potatoes** roast, trim **snap peas**, then cut into 1-inch pieces. Thinly slice **green onions**. Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). Heat a large non-stick pan over medium-high heat. When hot, add **sesame seeds** and **cashews** to the dry pan. Toast, stirring often, until golden-brown, 2-3 min. (**TIP:** Keep your eye on the nuts and seeds so they don't burn!) Transfer to a plate and set aside.



### Finish and serve

Divide **veggie rice** between plates. Sprinkle **remaining nuts and seeds** and **remaining green onions** over top.

## Dinner Solved!