

# **Toasted Rice Bowl**

with Sweet Potatoes, Sugar Snap Peas and Cashews

Veggie

35 Minutes









Sweet Potato





Sugar Snap Peas





Garlic Puree

Soy Sauce

**Green Onions** 



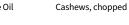


Sesame Seeds





Sesame Oil







Vegetable Broth Concentrate



Edamame

Seasoned Rice Vinegar

# 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

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	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*		

# **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, ½ 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.



#### 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, 2224 min.



#### 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.



# 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.



## 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.



### Finish and serve

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

# Dinner Solved!

<sup>\*</sup> Pantry items