



# Toasted Rice Bowls

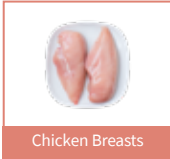
with Sweet Potatoes and Sugar Snap Peas

Veggie 35 Minutes



**CUSTOM RECIPE**

This is a Custom Recipe. If you chose to add chicken breasts, simply follow the instructions on the back of this card and you're set.  
Happy cooking!



Chicken Breasts



Sweet Potato



Sugar Snap Peas



Basmati Rice



Ginger



Green Onion



Soy Sauce



Garlic Puree



Vegetable Broth Concentrate



Crispy Shallots



Edamame



Seasoned Rice Vinegar



Sesame Oil

HELLO EDAMAME

A small legume commonly used in East Asian cuisines!

## Start here

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

## Bust out

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

## Ingredients

	2 Person	4 Person
Sweet Potato	340 g	680 g
Chicken Breasts ♦	2	4
Basmati Rice	¾ cup	1 ½ cups
Sugar Snap Peas	113 g	227 g
Green Onion	2	4
Ginger	30 g	60 g
Garlic Puree	1 tbsp	2 tbsp
Soy Sauce	2 tbsp	4 tbsp
Crispy Shallots	28 g	56 g
Vegetable Broth Concentrate	2	4
Seasoned Rice Vinegar	½ tbsp	1 tbsp
Edamame	56 g	113 g
Sesame Oil	½ tbsp	1 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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

## Contact

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## Cook rice

- Add 1 ¼ cups water, ⅛ tsp salt (dbl both for 4 ppl) and **broth concentrate** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.
- Fluff **rice** with a fork.



## Cook veggies

- Heat a large non-stick pan over medium-high heat.
- 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 a plate and set aside.



## Roast sweet potatoes

- Meanwhile, 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 the **middle** of the oven, flipping halfway through, until golden-brown and tender, 22-24 min.



## Toast rice and assemble

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



## Finish prep

- Meanwhile, trim **snap peas**, then cut into 1-inch pieces.
- Thinly slice **green onions**.
- Peel, then finely grate 1 tbsp **ginger** (dbl for 4 ppl).

If you've opted to add **chicken breasts**, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ tbsp oil (dbl for 4 ppl), then **chicken**. Cook until golden-brown, 1-2 min per side. Transfer **chicken** to an unlined baking sheet. Roast in the top of the oven until cooked through, 10-12 min.\*\* Use the same large non-stick pan to cook **veggies** in step 4.



## Finish and serve

- Divide **veggie rice** between plates.
- Sprinkle **crispy shallots** and **remaining green onions** over top.

Thinly slice **chicken**. Arrange **chicken** on top of **veggie rice**.

## Dinner Solved!