

Yucatan Rice Bowl

A sunny cilantro and orange crema. Spanish rice. Mexican-spiced broccoli. It's our newest bowl, inspired by the flavors of the Yucatan Peninsula and served up with warm tortillas. Get ready to fall in love.

40 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Brown Rice
Spiced Beans &
Tomatoes
Broccoli
Mexican Spices
Corn Tortillas
Orange Cilantro
Crema

Make The Meal Your Own

Omnivore's Option – Ground pork would be an authentic addition. Sauté it in your skillet, then add the spiced beans and tomatoes.

Cooking with a picky eater? Cook their broccoli without the spices.

Good To Know

If you're making the vegan version, we're giving you the orange juice and cilantro without the crema. Mix it with olive oil to create a vinaigrette or add to vegan yogurt.

Health snapshot per serving – 625 Calories, 22g Protein, 19g Fiber, 18 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Broccoli, Brown Rice, Corn Tortillas, Tomatoes, Black Beans, Mayonnaise, Orange Juice, Cider Vinegar, Spices, Jalapeno, Cilantro, Garlic, Onion, Concentrated Vegetable Stock

meezmeals

1. Getting Organized

Put a saucepan of water on to boil.

2. Cook the Rice

Add the **Brown Rice** to the boiling water with a pinch of salt. Cook until al dente, about 20 to 30 minutes. Drain, and then transfer to a mixing bowl.

In the now-empty saucepan, add the **Spiced Beans & Tomatoes** and ¼ cup of water and cook over medium-high heat until thick, about 5 to 7 minutes. Add the cooked rice, cook for 3 minutes, then cover and set aside.

3. Sauté the Broccoli

When the rice has been cooking for 15 minutes, start the broccoli. Heat 3 Tbsp of olive oil in a large skillet over high heat. When the oil is hot, add the **Broccoli** and stir to coat in the oil. Sprinkle the **Mexican Spices** over the broccoli as you stir. Cook until the broccoli is crispy with slightly burnt edges, about 7 to 8 minutes.

4. Put It All Together

Heat the **Corn Tortillas** in a dry skillet or directly over a gas burner until warm and pliable, about 30 to 60 seconds per side.

Serve the rice topped with the broccoli and the tortillas on the side. Add **Orange Cilantro Crema** to taste.

Love this recipe? #meezmagic

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois