

Ginger-Soy Aioli Rice Bowl

We're cooking up edamame, carrots and snow peas, and then tossing them with Himalayan red rice and our famous Ginger-Soy Aioli. It's a Japanese-style rice bowl your family will love.

45 Minutes to the Table

15 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

Large Skillet
Saucepan

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

5 MEEZ

CONTAINERS

Himalayan
Red Rice
Edamame
Mixed Sesame
Seeds
Vegetable Mix
Ginger-Soy
Aioli

Add Protein Cooking Instructions

CHICKEN -Prior to Step 2, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Chicken Breasts and, when the oil is hot, cook until crisp and brown, about 4 to 5 minutes on each side. Let rest for 5 minutes then slice into strips. Stir into the vegetables and rice in Step 3.

STEAK -Prior to Step 2, heat 1 Tbsp olive oil in a large skillet over high heat. Salt and Pepper the steaks and when the skillet is very hot, add the Steaks to the pan. Cook until the bottoms brown and the sides start to color, about 4 minutes each side for medium (3 min med-rare and 5-6 min for well done). Let rest for 5 minutes then slice into strips. Stir into the vegetables and rice in Step 3.

SHRIMP -Prior to Step 2, heat 1 Tbsp of olive oil in a large skillet on medium-high heat. Salt and pepper the Shrimp and, when the oil is hot, cook until they are opaque and no longer grey in color, about 1 minute on each side. Stir into the vegetables and rice in Step 3.

Good To Know

If you ordered the **Carb Conscious** version, we sent you zucchini and yellow squash instead of the Himalayan Red Rice, reducing the **carbs per serving to 37g**. You can skip steps 1 and 2. Prior to step 3., heat 1 Tbsp olive oil in a skillet over medium-high heat. When the oil is hot, add the zucchini and yellow squash and cook until the edges are brown, about 2 to 3 minutes. Remove from the skillet and set aside. Do not wipe out pan. In step 3. add the cooked veggies instead of rice.

Health snapshot per serving – 405 Calories, 12g Fat, 60g Carbs, 14g Protein, 12 Smart Points

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Edamame, Himalayan Red Rice, Carrots, Snow Peas, Mayonnaise, Bok Choy, Green Onions, Tamari, Sesame Seeds, Brown Sugar, Ginger, Garlic

meez meals

1. **Getting Organized**

Put a saucepan of water on to boil

2. **Cook the Rice**

Add a generous pinch of salt to the boiling water and add the **Himalayan Red Rice**. Cook until the rice is fluffy, about 20 to 25 minutes, then drain and return to the pot. Cover and set aside for 5 minutes.

We set the rice aside for 5 minutes after draining so the rice will steam.

3. **Stir Fry the Vegetables**

While the rice is cooking, heat 2 Tbsp of olive oil in a large skillet over high heat. Add the **Edamame** and cook for 5 minutes, then add the **Vegetable Mix** and cook until the snow peas are bright green, 5 to 7 minutes.

Add the cooked rice to the pan and mix well, then remove from the heat. Add half of the **Ginger-Soy Aioli** and mix well. Serve topped with **Mixed Sesame Seeds** and remaining aioli.

Love this recipe? #meezmagic

Instructions for two servings.

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