

Ginger-Soy Aioli Rice Bowl

We're hooked on Chef Max's ginger-soy aioli. He first wowed us with it in a bento burrito, and it was so tasty we asked him to bring it back in a rice bowl. The result was this gem. We're cooking up edamame, carrots and snow peas, and then tossing them with Himalayan red rice and the famous 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

Make The Meal Your Own

Make Ahead Tip – Cook the rice up to 2 days in advance. When you're ready to eat, start with step 3, making sure to cook the rice with the veggies for an extra few minutes to reheat it.

Omnivore's Option – Seared tuna would be tasty on this. Serve over the rice bowl with an extra dollop of aioli on top.

Good To Know

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

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

INGREDIENTS: Edamame, Himalayan Red Rice, Carrots, Snow Peas, Mayonnaise, Water Chestnuts, 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