

# 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

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### 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**