

# 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

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.

**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.

## 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, 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**