

Asparagus Rice Bowl with Miso Mustard Vinaigrette

A perfect Spring and Summer cozy bowl you'll just love. With Himalayan red and brown rice, seared asparagus, glazed carrots and hazelnuts, and an amazing miso mustard vinaigrette, it's crazy delicious.

35 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisks *Super Easy*

Getting Organized

EQUIPMENT

Saucepan with cover
Lage Skillet

FROM YOUR PANTRY

Olive Oil
Salt & Pepper

6 MEEZ CONTAINERS

Himalayan Red & Brown
Rice
Asparagus
Carrots
Hazelnuts
Miso Mustard Vinaigrette
Maple Glaze

Good to Know

If you ordered the **Carb Conscious version**, we sent you Zucchini & Summer Squash for the red and brown rice, reducing the **carbs per serving to 38g**. Skip step 1 and prior to step 2, pat dry the Zucchini & Summer Squash and heat 1 Tbsp olive oil in a large skillet over medium-high heat. Add the Zucchini & Summer Squash with a sprinkle of salt and pepper and sauté until they start to char, about 3 minutes. Place directly in serving bowls.

Health snapshot per serving – 330 Calories, 7g Protein, 55g Carbs, 11g Fat, 10 Freestyle Points.

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

INGREDIENTS: Asparagus, Himalayan Red Rice, Brown, Rice, Green Onions, Carrots, Hazelnuts, Olive Oil, Rice Wine Vinegar, Garlic, Dijon Mustard, Lemon, Tamari, Miso, Maple Syrup, Black Pepper, Thyme.

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It doesn't matter how much water you use in the pot as long as there is enough to keep the rice entirely submerged during cooking.

1. Cook the Rice

Bring a large pot of water to boil over high heat.

Add the **Himalayan Red & Brown Rice** to the boiling water with a pinch of salt. Cook, uncovered, until tender, about 25 to 30 minutes. Drain in a colander and return to the pot, fluff with a fork, cover and let steam for five minutes.

2. Cook the Asparagus

While rice is cooking, heat 1 Tbsp olive oil in a large skillet over medium high heat.

Add the **Asparagus** and sauté until it is bright green and just starts to brown, about 5 to 7 minutes. Remove from pan and set aside. Do not wipe out pan.

3. Create the Maple Glazed Carrots

Return the now empty skillet to the stove over medium heat. Add the **Carrots, Hazelnuts**, and 2 tbsp of the **Miso Mustard Vinaigrette**. Mix well and sauté until the carrots start to soften slightly, about 3 to 4 minutes. Add the **Maple Glaze** and continue to cook until the glaze thickens and the carrots and nuts are well coated, an additional 2 minutes.

4. Put It All Together

Add the cooked asparagus and half of the remaining Miso Mustard Vinaigrette to the pot with the cooked rice and stir well. Transfer to serving bowls and top with the carrots and nut glaze. Drizzle additional Miso Mustard Vinaigrette to taste and enjoy!

Instructions for two servings.

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