

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

Integrate into recipe: Prior to step 2, cook the protein (per instructions below) and then slice into strips (flake the salmon, leave shrimp whole) and stir into the vegetables and rice in Step 3.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak*.) When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good To Know

If you ordered the **Carb Conscious** version, we sent you zucchini instead of the rice, reducing the **carbs per serving to 29g**. Skip steps 1 & 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 – 740 Calories, 41g Fat, 77g Carbs, 17g Protein, 20 Smart Points

Lightened up health snapshot per serving – 600 Calories, 33g Fat, 62g Carbs, and 15 Smart Points by using two-thirds of the rice AND the aioli.

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 1 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 the **Ginger-Soy Aioli** and mix well. Serve topped with **Mixed Sesame Seeds** and enjoy!

Love this recipe? #meezmagic

Instructions for two servings.

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