



Mushroom & Bok Choy Rice Bowl

with Carrot Salad and Beans



20-30min



2 Servings

This meal is balance in a bowl. Slivers of cremini mushrooms provide depth and umami to the rice, and chopped bok choy adds a refreshing crunch. We added two tasty toppings: grated carrots and protein-packed beans. Both get tossed in a punchy ginger dressing that will help build your immune system as the weather grows cooler. Cook, relax, and enjoy!

What we send

- baby bok choy
- sushi rice
- scallions
- fresh ginger
- cremini mushroom
- rice vinegar
- toasted sesame oil ¹¹
- carrots
- adzuki beans

What you need

- coarse salt
- olive oil

Tools

- box grater
- fine-mesh sieve
- large nonstick skillet
- small saucepan

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 669kcal, Fat 25g, Carbs 90g, Proteins 20g



1. Make rice

Rinse **rice** in a fine-mesh sieve under running water until water runs clear. Shake well to drain and transfer to a small saucepan. Add **1 ¼ cups water** and bring to a boil. Cover and cook over low heat until water is absorbed and rice is plump, about 15 minutes. Leave covered, removing lid after 5 minutes.



4. Make bean salad

Drain and rinse **beans**. Add beans to bowl with **remaining ginger dressing** and toss well to combine. Season to taste with **salt**.



2. Prep ingredients

Meanwhile, trim ends from **scallions** and thinly slice, separating **whites** and **greens**. Trim stems from **mushrooms** and thinly slice caps. Trim **bok choy stems** and separate **leaves**; wash well to remove any grit and thinly slice crosswise. Peel and finely grate **ginger** into a medium bowl; squeeze **juice** from grated ginger (about **1 tablespoon**); discard pulp.



5. Start stir-fry

Heat **1 tablespoon olive oil** in a large nonstick skillet over medium-high. Add **scallion whites** and **mushrooms** and season with **¼ teaspoon salt**; cook until golden and crisp, about 5 minutes. Add **1 tablespoon olive oil** to the skillet, then add **bok choy** and **¼ teaspoon salt**; stir-fry until crisp-tender, about 2 minutes.



3. Make carrot salad

To bowl with **ginger juice**, add **rice vinegar**, **1 teaspoon sesame oil**, and **2 tablespoons olive oil**. Season with **salt** and whisk to combine. Grate **carrots** on large holes of a box grater into a second medium bowl. Add **scallion greens** and **3 tablespoons ginger dressing** and toss well to combine. Season to taste with **salt**.



6. Add rice

Fluff **rice** with a fork, add to skillet, and season with **¼ teaspoon salt**. Cook, tossing often, until combined, about **1 minute**. Season to taste with more **salt**, if desired. Divide **mushroom and bok choy rice** between bowls and top with **beans** and **carrot salad**. Enjoy!