



Ginger-Tamari Grilled Veggies

with Edamame Rice & Furikake



30-40min



2 Servings

Grain bowls are where it's at when you want a quick, balanced, flavorful dinner—so, basically always. This was so plentiful, we had to make it a grain plate! The foundation features a furikake-ginger infused jasmine rice with protein-rich edamame dotted throughout. A layer of grilled squash, peppers, and bok choy goes on top before the whole dish gets treated to a drizzle of a creamy tamari-ginger sauce.

What we send

- 1 oz fresh ginger
- 5 oz jasmine rice
- 2½ oz edamame ⁶
- 1 oz mayonnaise ^{3,6}
- 2 (½ oz) tamari soy sauce ⁶
- ¼ oz furikake ¹¹
- ½ lb baby bok choy
- 2 yellow squash
- 1 bell pepper

What you need

- kosher salt & ground pepper
- sugar
- neutral oil

Tools

- microplane or grater
- small saucepan
- grill or grill pan

Allergens

Egg (3), Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 800kcal, Fat 33g, Carbs 84g, Protein 17g



1. Cook rice & edamame

Peel **ginger**; thinly slice ⅓ and finely grate remaining.

To a small saucepan, add **rice, sliced ginger, 1¼ cups water, and ½ teaspoon salt**; bring to a boil. Cover and cook over low heat until rice is tender and water is absorbed, about 17 minutes. Place **edamame** on top and cover. Let sit off heat until step 5.



4. Grill vegetables

Heat a grill or grill pan over high.

In a large bowl, toss **vegetables** with **1 tablespoon oil, ½ teaspoon salt, and a few grinds of pepper**. Working in batches if necessary, grill, covered and turning occasionally, until tender and lightly charred, about 5 minutes. Transfer to a plate.



2. Make sauce

In a small bowl, combine **grated ginger, mayonnaise, tamari, ½ teaspoon furikake, and 1½ teaspoons sugar**. Slowly whisk in **2 tablespoons oil** until fully combined.



5. Fluff rice

Discard **sliced ginger** from **rice**. Add **1 teaspoon furikake** and fluff rice with a fork.



3. Prep vegetables

Trim root end from **bok choy**. Halve lengthwise, then cut into ½-inch wedges, cutting through the root end to keep wedges intact. Rinse in a colander to remove any grit and pat dry with a paper towel.

Trim ends from **squash**, then cut into ½-inch rounds.

Halve **pepper**, discard stem and seeds, and cut into ½-inch strips.



6. Assemble & serve

Serve **grilled vegetables** over **edamame rice**. Drizzle with **tamari-ginger sauce** and sprinkle with **remaining furikake**. Enjoy!