



Asparagus-Edamame Rice Bowl

with Furikake & Miso Dressing



30-40min



2 Servings

Cooking rice like pasta—in ample boiling salted water—takes all of the worry and guessing out of the perfect rice to water ratio! Here, we use quick-cooking brown rice and toss it with some deeply savory and delicious furikake (a Japanese seaweed seasoning). As the rice cooks, you whip up the asparagus-edamame stir-fry and a creamy miso dressing to drizzle over top.

What we send

- 5 oz quick-cooking brown rice
- ½ lb asparagus
- ¼ oz furikake ¹¹
- 1 oz fresh ginger
- ¼ oz fresh cilantro
- 2 scallions
- 0.63 oz miso paste ⁶
- 1 oz rice vinegar
- 5 oz edamame ⁶

What you need

- kosher salt & ground pepper
- neutral oil

Tools

- medium saucepan
- medium skillet

Allergens

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

Nutrition per serving

Calories 540kcal, Fat 19g, Carbs 75g, Protein 18g



1. Cook rice

Fill a medium saucepan with **2 quarts salted water** and bring to a boil.

Rinse **rice** in a fine-mesh sieve until water runs clear, then add to boiling water. Cook (like pasta) until tender, about 20 minutes. Drain well. Return rice to saucepan and toss with **1 teaspoon furikake**. Cover to keep warm.



4. Cook aromatics

Heat **1 tablespoon oil** in a medium skillet over medium-high until shimmering. Add **cilantro stems, remaining chopped ginger, and half of the scallions**. Cook, stirring frequently, until softened, about 2 minutes.



2. Prep ingredients

Meanwhile, trim bottom 2 inches from **asparagus**. Halve any thick asparagus lengthwise, then cut into 1-inch pieces.

Peel and finely chop **1½ tablespoons ginger**. Pick **cilantro leaves** from **stems**; finely chop stems and coarsely chop leaves, keeping separate. Trim ends from **scallions**, then finely chop.



5. Add edamame & asparagus

To skillet with aromatics, add **edamame** and **1 tablespoon water**. Cook until liquid evaporates and edamame are bright green and tender, about 2 minutes. Add **asparagus, ¼ teaspoon salt, and a few grinds of pepper**. Cook until tender, 2-4 minutes. Off heat, add **half of the cilantro leaves**.



3. Make miso dressing

In a medium bowl, whisk **miso, rice vinegar, ½ teaspoon of the chopped ginger, 2 tablespoons water, and 1 tablespoon oil**. Season to taste with **salt and pepper**.



6. Finish & serve

Spoon **rice** into bowls. Top with **asparagus-edamame mixture**. Drizzle with **some of the miso dressing**. Garnish with **remaining furikake, scallions, and cilantro leaves**. Pass **remaining dressing** at the table. Enjoy!