



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 furikake-ginger-infused jasmine rice with protein-rich edamame dotted throughout. A layer of grilled squash 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 710kcal, Fat 25g, Carbs 81g, Protein 17g



1. Make rice

Peel **ginger**; thinly slice ⅓ and finely grate remaining. In a small saucepan, combine **rice, sliced ginger, 1¼ cups water**, and **½ teaspoon salt**; bring to a boil. Cover, cook over low heat until rice is tender and water is absorbed, 17 minutes. Add **edamame** on top of rice for the last 2 minutes of cooking. Keep covered until ready to serve. Preheat a grill on high, if using.



4. Grill vegetables

Heat a grill pan on high, if using. In a large bowl, toss vegetables with **1 tablespoon oil, ½ teaspoon salt**, and **a few of grinds pepper**. Add vegetables to grill or grill pan, in batches if necessary; cover and cook, 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, 1½ teaspoons sugar**, and **½ teaspoon of the furikake**. Slowly whisk in **2 tablespoons oil** until combined.



5. Fluff & season rice

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



3. Prep vegetables

Trim stem end from **bok choy**. Halve lengthwise, then cut into ½-inch wide wedges (cut through the root end to keep wedges intact). Rinse to remove any grit, then pat dry with paper towel. Trim ends from **squash**, then cut into ½-inch rounds. Halve **pepper**, discard stem and seeds, and cut into ½-inch wide strips.



6. Assemble & serve

Spoon **rice** onto plates and top with **grilled vegetables**. Drizzle with **sauce** and sprinkle with **remaining furikake**. Enjoy!