



Asparagus-Edamame Rice Bowl

with Furikake & Miso Dressing

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

What you need

- kosher salt & ground pepper
- neutral oil

Tools

- medium saucepan
- medium skillet

Allergens

Sesame (1), Soy (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 530kcal, Fat 19g, Carbs 76g, Protein 17g



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, 35-40 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!