



## **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 <sup>11</sup>
- 1 oz fresh ginger
- ¼ oz fresh cilantro
- 2 scallions
- 0.63 oz miso paste <sup>6</sup>
- 1 oz rice vinegar
- 5 oz edamame <sup>6</sup>
- ½ lb pkg ready to heat chicken cutlets <sup>1,3,7</sup>

## What you need

- kosher salt & ground pepper
- neutral oil

## Tools

- medium saucepan
- medium skillet

## Allergens

Wheat (1), Egg (3), Soy (6), Milk (7), 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, 35–40 minutes. Drain well. Return rice to saucepan and toss with **1 teaspoon furikake**. Cover to keep warm.



### 4. Cook chicken

Heat **2 tablespoons oil** in a medium skillet over medium-high until shimmering. Add **chicken cutlets**; cook until golden brown, crispy, and warmed through, 2–4 minutes per side. Transfer to a paper towel-lined plate. Lightly season with **salt** and **pepper**.



### 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. Cook edamame & asparagus

Heat **1 tablespoon oil** in same skillet over medium-high. Add **cilantro stems**, **remaining ginger**, and **½ of the scallions**. Cook, stirring, until softened, 2 minutes. Add **edamame** and **1 tablespoon water**. Cook until liquid evaporates and edamame are bright green, 2 minutes. Add **asparagus**; season to taste. Cook until tender, 2–4 minutes. Off heat, add **½ 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

Cut **chicken cutlets** into 1-inch strips, if desired. Spoon **rice** into bowls. Top with **asparagus-edamame mixture** and **chicken cutlets**. Drizzle with **some of the miso dressing**. Garnish with **remaining furikake**, **scallions**, and **cilantro leaves**. Pass **remaining dressing** at the table. Enjoy!