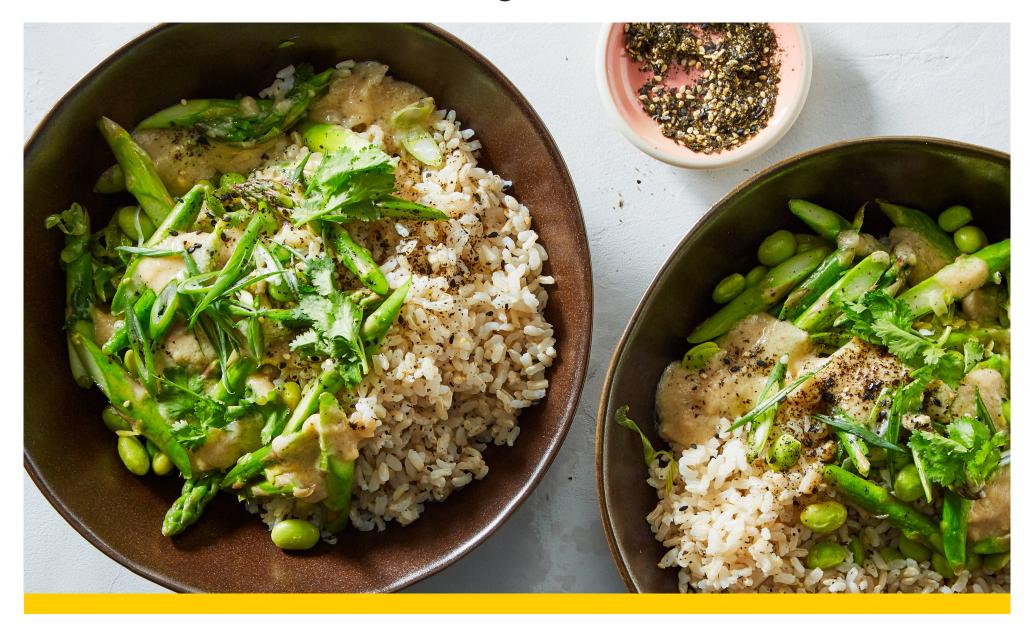
MARLEY SPOON



? Asparagus-Edamame Rice Bowl

with Furikake & Miso Dressing





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 11
- 1 oz fresh ginger
- 1/4 oz fresh cilantro
- 2 scallions
- 0.63 oz miso paste 6
- 1 oz rice vinegar
- 5 oz edamame 6
- ½ Ib pkg ready to heat chicken cutlets ^{1,3,7}

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.



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.



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.



6. Finish & serve

Cut chicken cutlets into 1-inch strips, if desired. Spoon rice into bowls. Top with asapargus-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!