



Asparagus-Edamame Rice Bowl

with Furikake & Miso Dressing



30-40min



4 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. Cook, relax, and enjoy!

What we send

- rice vinegar
- scallions
- asparagus
- quick-cooking brown rice
- fresh ginger
- fresh cilantro

What you need

- kosher salt & ground pepper

Tools

- fine-mesh sieve
- large saucepan
- large skillet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 490.0kcal, Fat 18.0g, Proteins 15.4g, Carbs 73.0g



1. Cook rice

Fill a large saucepan with **3 quarts salted water** and bring to a boil. Rinse **rice** in a fine-mesh sieve until water runs clear, then add rice to boiling water. Cook (like pasta) until tender, about 20 minutes. Drain well. Return rice to saucepan. Toss with **2 teaspoons of the furikake**. Cover to keep warm.



4. Cook aromatics

Heat **1½ tablespoons oil** in a large 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

While **rice** cooks, peel and finely chop **ginger**. Trim bottom 2 inches from **asparagus**. Halve any thick asparagus lengthwise, then cut into 1-inch lengths. 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 **2 tablespoons water**. Cook until liquid evaporates, and edamame are bright green and tender, about 2 minutes. Add **asparagus, ½ teaspoon salt**, and **a few grinds pepper**. Cook until tender, 2-4 minutes. Remove from heat. Add **half of the cilantro leaves**.



3. Make miso dressing

In a medium bowl, whisk **miso, rice vinegar, 1 tablespoon of the chopped ginger, ¼ cup water**, and **2 tablespoons 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!