



## 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 a 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

- jasmine rice
- yellow squash
- red bell pepper
- baby bok choy
- fresh ginger

## What you need

- kosher salt & ground pepper
- sugar

## Tools

- fine-mesh sieve
- small saucepan

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 683.0kcal, Fat 34.9g, Proteins 13.6g, Carbs 77.6g



### 1. Make rice

Peel **ginger**; thinly slice  $\frac{1}{3}$  and finely grate remaining. Rinse **rice** in a fine-mesh sieve until water runs clear. Add to a small saucepan along with **sliced ginger,  $1\frac{1}{4}$  cups water, and  $\frac{1}{2}$  teaspoon salt**; bring to a boil. Cover, cook over low heat until rice is tender and water is absorbed, 17 minutes. Place **edamame** on top, cover, and let sit off heat until step 5.



### 4. Grill vegetables

Heat a grill or grill pan over high. In a large bowl, toss vegetables with **1 tablespoon oil,  $\frac{1}{2}$  teaspoon salt, and a few grinds pepper**. Grill vegetables, covered, in batches if necessary, 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,  $\frac{1}{2}$  teaspoon of the furikake, and  $1\frac{1}{2}$  teaspoons sugar**. Slowly whisk in **2 tablespoons oil** until emulsified.



### 5. Fluff rice

Remove **sliced ginger** from **rice** and discard. Add **1 teaspoon of the furikake** to rice and fluff with a fork.



### 3. Prep vegetables

Trim root end from **bok choy**. Halve lengthwise, then cut into  $\frac{1}{2}$ -inch wedges, cutting through the root end, to keep wedges intact. Rinse in a colander to remove any grit and pat dry with paper towel. Trim ends from **squash** then cut into  $\frac{1}{2}$ -inch rounds. Halve **pepper**, remove stem and seeds, and cut into  $\frac{1}{2}$ -inch strips.



### 6. Assemble and serve

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