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## Green Rice Salad Bowl

with Pepita-Crusted Avocado



20-30min



2 Portions

Inspired by Mexican green rice which uses a spicy herb paste of coriander, parsley and poblano chilli to tint the grains a verdant colour, we bring you this zesty, high-fibre brown rice salad brimming with nutritious vegetables. Served with boiled eggs and avocado wedges encrusted with a herby sunflower seed crust, this vegetarian dish includes all the nutrient powerhouses for the ultimate supe...

## What we send

- garlic, coriander, parsley
- broccoli
- basmati rice
- kale
- pepitas
- lime, green beans
- avocado

## What you'll require

- egg <sup>3</sup>
- olive oil
- sea salt and pepper
- sugar
- water

## Utensils

- large frypan
- large saucepan
- sieve

Our vegies come fresh from the farm, so please wash them before use.

## Allergens

Egg (3). May contain traces of other allergens.

## Nutrition per serving

Energy 745kcal, Fat 37.6g, Carbs 66.0g, Proteins 26.7g



### 1. Cook rice

Rinse the **rice** well in a sieve under cold water. Put in a medium saucepan with the **water** (see staples list), cover with a lid and bring to the boil. Reduce heat to low and cook for 12 mins or until tender. Drain in a sieve.



### 2. Cook kale

While rice is cooking, crush or finely chop **garlic**. Remove **kale leaves** from stems and thinly slice. Put **pepitas** in a cold large frypan over medium heat. Toast, tossing, for 3 mins or until lightly golden. Remove from pan and cool. Heat **2 tsp oil** and cook **garlic** and **kale** for 2 mins or until kale wilts. Season with **salt and pepper**. Transfer to a large bowl.



### 3. Prepare ingredients

Trim the ends of the **green beans**, then cut into 2cm lengths. Cut the **broccoli** into small florets, then peel and chop the stalk. Quarter and peel the **avocado**. Finely grate the **lime rind** and squeeze the juice.



### 4. Blanch vegetables

Put the **egg** in a large saucepan of lightly salted water, and bring to the boil. Reduce heat to medium and cook for 3 mins. Add the **broccoli** and cook for 1 min, then add the **green beans** and cook for a further 2 mins or until tender. Drain and immediately refresh in a large sieve under cold water. Drain well again.



### 5. Make dressing



Finely chop the **pepitas** and put half in a bowl. Finely chop the **coriander** and **parsley**, including the stems. Add to the bowl with the **lime zest, lime juice, sugar, salt and pepper**. Mix well to combine. Peel the **egg** and cut in half.



### 6. Get ready to serve

Add the **rice** to the kale, then add the **broccoli, green beans** and half the dressing. Mix well to combine and divide among bowls. Combine the **remaining oil, remaining pepitas** and remaining dressing in another bowl. Coat each **avocado** wedge with the pepita mixture to form a crust. Top rice salad with avocado and **egg**, and serve with any remaining pepita mixture.

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 Packed in Australia  
from at least 40%  
Australian ingredients