

Brown Rice and Edamame Bowl with Peanut Miso Dressing

Prep time:

10 minutes

Cooking time:

10 minutes

Yields:

4 people

Ingredients:

For the dressing:

- 1 tablespoon miso paste
- 1 teaspoon sesame oil
- 3 tablespoons rice vinegar
- 1 teaspoon soy sauce
- 1/2 teaspoon ginger, zested
- 2 tablespoons sweet red chile sauce
- 1/4 cup natural unsalted peanut butter
- 1/4 cup water

For the Brown Rice and Edamame:

- 1 tablespoon sesame oil
- 1 bunch green onion, thinly sliced
- 1 tablespoon garlic, minced
- 1 tablespoon ginger, grated
- 1 cup red bell pepper, diced
- 2 cups edamame
- 2 oz. soy sauce
- 2 oz. water
- 2 cups brown rice, cooked
- 1 cup Carrots, thinly sliced
- 1 cup cucumber, thinly sliced
- 1 avocado, thinly sliced

Directions:

To make the dressing:

Mix in blender or with whisk until smooth.

To make the Brown Rice and Edamame:

In a large saute pan over medium high heat, add sesame oil, garlic, ginger, green onion and red pepper and saute for 1-2 minutes. Add edamame, soy sauce and water and cook another 2-3 minutes. Fold in brown rice and serve garnished with shredded Carrot, Avocado and Cucumber drizzled with peanut-miso dressing.