



# TERIYAKI PORTOBELLO BOWL

*Kale salad, rice with edamame, pineapple, spiced nuts*

## COOK TIME

30 MIN

## SERVINGS

2

## CALORIES PER SERVING

560

## MENU

VEGAN // GLUTEN-FREE

A colorful bowl packed with veggies and umami flavor. Portobello mushrooms are cooked in teriyaki sauce with pineapple, then served over tender basmati rice studded with edamame. A kale and cabbage salad — tossed in a Sriracha-ginger mayo — forms a nourishing base for the dish. Toasted cashews, seasoned with a sweetened five-spice blend, adds a light crunch on top.

## INGREDIENTS (12 ITEMS)

- 2 whole **Portobello mushrooms**
- 2 ¾ oz **Pineapple**
- ¼ cup **Teriyaki sauce** S
- 1 ½ tsp **Cornstarch**
- ½ cup **Basmati rice**
- 2 ¾ oz **Edamame** S
- 2 ¾ oz **Lacinato kale**
- 2 oz **Red & green cabbage\***
- 2 oz **Radishes**
- ¼ cup **Vegan Sriracha-ginger mayo**
- ½ oz **Cashews** T
- 1 tsp **Sweetened five-spice blend** T

## WHAT YOU'LL NEED

- medium nonstick pan
- small pot with lid
- mixing bowls
- measuring cup & spoons
- whisk

## ALLERGENS

- S SOY
- T TREE NUT



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

**GREEN CHEF IS PROUD** to be a USDA Certified Organic company. All produce is organic unless otherwise labeled.

\*You may receive a different color variety of this ingredient.

Wash and dry fresh produce. Go to [help.greenchef.com](http://help.greenchef.com) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at [help@greenchef.com](mailto:help@greenchef.com)

# TERIYAKI PORTOBELLO BOWL

## 1 COOK RICE & EDAMAME

- Bring **basmati rice**, **edamame**, and 1 cup lightly salted water to a boil in a small pot; stir. Once boiling, reduce heat to medium-low and cover pot with lid. Simmer 16 minutes, or until rice is tender and water is absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. Salt and pepper to taste.



## 2 MAKE SALAD

- Remove center stems from **Lacinato kale**; discard. Roll **leaves** into a large “cigar” and slice across into about ¼-inch wide ribbons. Place in a large bowl. Drizzle with about 1 ½ tablespoons olive oil and about 1 ½ teaspoons of the **vegan Sriracha-ginger mayo**.\* Lightly season with salt. Massage until leaves soften.
- Trim ends off **radishes** and cut in half. Lay flat and slice into about ¼-inch thick half moons.
- Add **red and green cabbage** and **radishes** to bowl with kale. Salt and pepper to taste. Toss to combine.

*\*Another Option: If heat sensitive, omit the mayo and add an additional 1-2 teaspoons olive oil.*



## 3 PREP MUSHROOMS & PINEAPPLE

- Wipe **portobello mushrooms** clean with a damp paper towel. Remove any stems. Scrape out gills with a spoon. Slice lengthwise into about ¼-inch wide strips. Halve strips widthwise.
- Roughly chop **pineapple** (reserve any liquid).



## 4 PREP TERIYAKI SAUCE

- Place **teriyaki sauce** in a small bowl. Add **cornstarch**. Whisk to combine.

## 5 TOAST NUTS

- Heat about 1 tablespoon olive oil in a medium nonstick pan over medium-low heat.\* Add **cashews** to hot pan. Season with **sweetened five-spice blend**. Stir to coat. Cook 2-3 minutes, or until nuts are lightly toasted, stirring occasionally.
- Transfer **nuts** to a plate. Wipe out pan.

*\*Use This: When cooking with a nonstick pan, only use silicone utensils for stirring.*



## 6 COOK MUSHROOMS & PINEAPPLE

- Heat about 1 ½ tablespoons cooking oil in pan used for nuts over medium-high heat. Add **mushrooms** to hot pan. Lightly season with salt and pepper. Stir. Cook 6-8 minutes, or until mushrooms begin to soften, stirring occasionally.
- Reduce heat to medium. Add **pineapple** (with any liquid) and **teriyaki sauce with cornstarch**; stir. Bring to a simmer. Cook 2-3 minutes, or until sauce thickens slightly and mushrooms are tender, stirring occasionally.



## 7 PLATE YOUR DISH

- Divide **kale and cabbage salad** between bowls. Top with **edamame-studded rice** and **teriyaki mushrooms and pineapple**. Garnish with **spiced nuts**. Serve with remaining **Sriracha-ginger mayo** (or omit). Enjoy!