



**GREEN
CHEF**

MAPLE-MISO GLAZED MUSHROOMS

rice, spicy green beans, fried eggs, sesame seeds

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

760

MENU

VEGETARIAN // GLUTEN-FREE

Mushrooms are the shining star of these nourishing, Japanese-inspired rice bowls. Meaty creminis, aka baby portobellos, are roasted until tender, then slathered in our house-made maple-miso glaze. The sweet and savory flavors of the sauce perfectly play off the umami-packed mushrooms. The 'shrooms are piled atop rice along with chili-flecked sesame-ginger veggies and a fried egg. To give the short-grain rice some tangy-sweet, sushi-style flair, mix together equal parts rice vinegar and sugar. Once you fluff the rice in Step 1, stir in the mixture one small splash at a time, tasting as you go, until it's to your liking.



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

INGREDIENTS (10 ITEMS)

½ cup **Short-grain rice**
4 oz **Cremini mushrooms**
6 oz **Green beans**
½ tsp **Crushed red pepper flakes**
3½ oz **Cabbage & carrots**
2¼ oz **Roasted red peppers**
1½ oz **Sesame-ginger amino sauce** **T**
2¾ oz **Maple-miso glaze** **S**
2 medium **Eggs** **E**
1 tsp **Black & white sesame seeds**

WHAT YOU'LL NEED

small pot with lid
medium nonstick pan
large sauté pan
baking sheet
measuring cup & spoons
oven mitt
cooking oil
salt & pepper

ALLERGENS

T TREE NUTS (coconut)
S SOY
E EGGS

Wash and dry fresh produce. Wash hands and surfaces after handling raw eggs. Consuming raw or undercooked eggs may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 COOK RICE

- Preheat oven to 400 degrees.
- Bring **short-grain rice**, 1½ cups water, and about ½ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 15-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 PREP

- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Trim stem ends off **green beans**. Cut widthwise into pieces, about 1 inch long.

3 START MUSHROOMS

- Place **mushrooms** on a lightly oiled, foil-lined baking sheet. Drizzle with about 1 tablespoon cooking oil. Season all over with salt and pepper. Spread **mushrooms** out in a single layer.
- Roast 10-12 minutes, or until mostly tender. (You'll finish the mushrooms in Step 5.)

4 COOK VEGGIES

- Heat about 1½ tablespoons cooking oil in a large sauté pan over medium-high heat. Add **green beans** to hot pan. Season with about ¼ teaspoon salt, a pinch of pepper, and **crushed red pepper flakes*** to taste. Cook 1-2 minutes, stirring occasionally.
- Add **cabbage**** and **carrots** and **roasted red peppers**. Cook 2-3 minutes, or until cabbage is slightly wilted, stirring occasionally.
- Add **sesame-ginger amino sauce**. Cook 1-2 minutes, or until sauce is warmed through, stirring occasionally.

**If heat sensitive, use crushed red pepper flakes sparingly, or omit entirely.*

***The ingredient you received may be a different color.*

5 FINISH MUSHROOMS

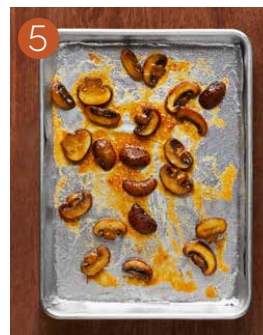
- Flip **mushrooms**. Drizzle with **maple-miso glaze**. (Careful! Baking sheet is hot!)
- Roast 3-4 minutes more, or until glaze is warmed through.

6 FRY EGGS

- Heat about 1½ tablespoons cooking oil in a medium nonstick pan over medium heat. Carefully crack **eggs** into hot pan. Cook until eggs reach desired doneness. Lightly season with salt and pepper.

7 PLATE YOUR DISH

- Divide **rice** between plates. Top with **maple-miso glazed mushrooms**, **veggies**, and **fried eggs**. Garnish with **black and white sesame seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (424g)

Amount per serving

Calories 760

	% Daily Value*
Total Fat 41g	53%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 245mg	82%
Sodium 1720mg	75%
Total Carbohydrate 82g	30%
Dietary Fiber 7g	25%
Total Sugars 24g	
Includes 10g Added Sugars	20%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 129mg	10%
Iron 3mg	15%
Potassium 743mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Cremini Mushrooms, Sushi Rice [organic California sushi rice], **Maple-Miso Glaze** (Maple Syrup [pure maple syrup], Miso Paste [organic whole soybeans, organic handmade rice koji, sun-dried sea salt, Blue Ridge Mountain well water, koji spores], Mirin [organic sweet rice, organic distilled rice wine (water, organic sweet rice, koji seed), organic koji (rice, koji seed), sea salt], Rice Wine Vinegar [rice vinegar diluted with water to 4.3% acidity], Toasted Sesame Oil [toasted sesame oil], Puréed Ginger [ginger], Granulated Garlic, Gluten-Free Tamari Sauce [water, soybeans, salt, sugar, alcohol, vinegar, lactic acid], Ascorbic Acid [ascorbic acid]), **Crushed Red Pepper Flakes, Roasted Red Peppers** [bell pepper], **Sesame-Ginger Amino Sauce** (Garlic, Coconut Aminos [organic coconut nectar, organic pure coconut blossom sap, natural unrefined sea salt], Apple Cider Vinegar [apple cider vinegar], Puréed Ginger [ginger], Crushed Red Pepper Flakes, Coconut Nectar [coconut tree sap], Lemon Juice [lemon], Sesame Oil [refined sesame oil], Toasted Sesame Oil [toasted sesame oil]), **Egg, Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds]), **Green Beans, Red Cabbage, Carrots**

Allergen information:

Contains Egg, Tree Nuts And Soy

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.