



**GREEN
CHEF**

MAPLE-MISO MUSHROOM & BRUSSELS BOWLS

kale rice, Sriracha sauce, toasted sesame seeds

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

630

MENU

VEGETARIAN // GLUTEN-FREE //
FAST & FIT

We love surprises, and these umami-loaded bowls have delicious ones with every bite. It all starts with roasted mushrooms and Brussels sprouts glazed with an unexpected, super-savory maple-miso sauce. The base is vinegary jasmine rice (think sushi rice) mixed with thin ribbons of wilted kale. A drizzle of Sriracha adds a spicy pop, while toasted sesame seeds provide a nutty crunch.

INGREDIENTS (9 ITEMS)

½ cup	Jasmine rice
1 whole	Vegetable stock concentrate
4 oz	Cremeni mushrooms
8 oz	Brussels sprouts
1 tsp	Black & white sesame seeds
2¾ oz	Lacinato kale
¾ oz	Rice wine vinegar
2¾ oz	Maple-miso glaze <small>S</small>
¾ oz	Sriracha sauce

WHAT YOU'LL NEED

small pot with lid
medium sauté pan
baking sheet
mixing bowls
measuring cup & spoons
oven mitt
cooking oil
1 tbsp butter M
1 tsp sugar
salt & pepper

ALLERGENS

S SOY
M MILK



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.

Wash and dry fresh produce. Go to 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 425 degrees.
- Bring **jasmine rice**, **vegetable stock concentrate**, 1 cup water, and ¼ teaspoon salt to a boil in a small pot. Stir, then reduce heat to medium low and cover pot with lid. Simmer 16-18 minutes, or until rice is tender and water has absorbed.
- Remove from heat. Let rest, covered, 3 minutes. Fluff with a fork. Stir in 1 tablespoon butter until melted. (You'll finish the rice in Step 4.)

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 & ROAST VEGGIES

- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Halve **mushrooms**. Lay flat and cut into slices, about ¼ inch thick.
- Trim stem ends off **Brussels sprouts**. Quarter lengthwise.
- Place **mushrooms** and **Brussels sprouts** in a medium bowl. Drizzle with 2 tablespoons cooking oil. Season with a pinch of salt and pepper. Stir to coat.
- Spread **mushrooms** and **Brussels sprouts** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 10-12 minutes, or until fork-tender, stirring halfway through. (You'll finish the veggies in Step 5.)

3 TOAST SESAME SEEDS

- Place **black and white sesame seeds** in a dry, medium sauté pan over medium heat. Toast 1-2 minutes, or until fragrant, shaking pan frequently.
- Transfer **sesame seeds** to a small bowl.

4 SAUTÉ KALE & FINISH RICE

- Remove and discard any thick center stems from **lacinato kale**.^{*} Roll leaves into a large "cigar" and slice across into ribbons, about ¼ inch wide.
- Heat 1 tablespoon cooking oil in pan used for sesame seeds over medium heat. Add **kale**, **rice wine vinegar**, and 1 teaspoon sugar to hot pan. Season with salt and pepper. Cook 1-2 minutes, or until kale is lightly wilted, stirring occasionally.
- Transfer **rice** to pan. Stir to combine. Season with salt and pepper to taste.

^{*}To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).

5 FINISH VEGGIES

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

6 PLATE YOUR DISH

- Divide **kale rice** between bowls. Top with **maple-miso mushrooms** and **Brussels sprouts**. Drizzle with **Sriracha sauce** to taste (or omit). Garnish with **toasted sesame seeds**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (331g)

Amount per serving

Calories 630

	% Daily Value*
Total Fat 30g	38%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 1460mg	63%
Total Carbohydrate 82g	30%
Dietary Fiber 7g	25%
Total Sugars 25g	
Includes 18g Added Sugars	36%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 136mg	10%
Iron 3mg	15%
Potassium 941mg	20%

* 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:

Brussels Sprouts, Jasmine Rice [jasmine rice], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Cremini Mushrooms, Lacinato Kale, Rice Wine Vinegar** [rice vinegar diluted with water to 4.3% acidity], **Sriracha Sauce** [organic jalapeno peppers, water, organic sugar, organic distilled vinegar, salt, organic garlic powder, xanthan gum], **Black & White Sesame Seeds** (White Sesame Seeds [hulled sesame seeds], Black Sesame Seeds [black sesame seeds]), **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])

Allergen information:

Contains 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.