



MISO ROASTED VEGETABLE RICE BOWLS

SERVES 2 OR 4
TIME: 40 MIN
CALORIES: 720/SERVING



Roasted vegetables get tossed in a miso glaze that's sweet and savoury with a hint of heat from fresh ginger. Piled on top of fluffy cilantro rice and paired with crispy roasted chickpeas, this very hands off meal comes together quickly for an easy nourishing meal.

WHAT YOU'LL NEED

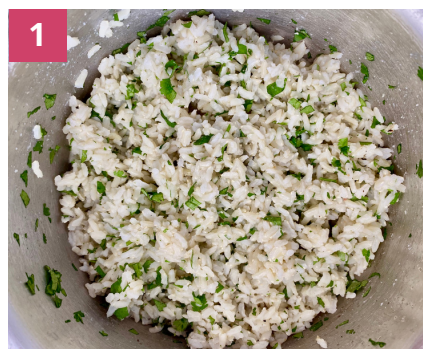
- Small pot
- 2 baking sheets
- 2 silicone baking mats (optional)
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Herbed brown rice	3/4 cup	1.5 cups
Chickpeas	1 cup	2 cups
Broccoli	1 head	2 heads
Summer squash	1	2
Asparagus	1/2 bunch	1 bunch
Onion	1	1-2
Miso glaze	4 tbsp	8 tbsp



1 Cook the rice: Combine the **herbed brown rice** with 1.5 cups of **water** (3 cups for 4 servings) in a small pot. Bring to a boil, cover, then lower to a simmer and cook for 30-35 minutes until the water is absorbed.



2 Meanwhile, preheat the oven to 425°F and prep ingredients: rinse the **chickpeas**, break the **broccoli** into bite-sized pieces, slice the **summer squash**, trim and cut the **asparagus**, and quarter the **onion**.



3 Toss the **broccoli, squash, asparagus,** and **onion** in 1 tbsp of **oil** (2 tbsp for 4 servings) and season with **salt** and **pepper**. Spread out on another baking sheet lined with a silicone baking mat or lightly greased, and bake for 20-25 minutes until the veggies are tender and caramelized.



4 Toss the **chickpeas** in 1 tbsp of **oil** (2 tbsp for 4 servings) and season with **salt** and **pepper**. Spread out on another baking sheet lined with a silicone baking mat or lightly greased, and bake for 15-20 minutes until the chickpeas are crispy (bake simultaneously with other veggies).



5 Once the **vegetables** are done, toss them in the **miso glaze** to coat. Divide the **herbed rice** between bowls and top with the **roasted vegetables** and **crispy chickpeas**.

Nutrition Facts		Valeur nutritive	
Per (745 g)			
Pour 1 (745 g)			
Calories 720	% Daily Value*		
		% valeur quotidienne*	
Fat / Lipides 21 g	28 %		
Saturated / saturés 3.0 g	15 %		
+ Trans / trans 0 g			
Carbohydrate / Glucides 118 g			
Fibre / Fibres 17 g	61 %		
Sugars / Sucres 18 g	18 %		
Protein / Protéines 22 g			
Cholesterol / Cholestérol 0 mg	0 %		
Sodium 1070 mg	47 %		
Potassium 1450 mg	31 %		
Calcium 200 mg	15 %		
Iron / Fer 6 mg	33 %		
*5% or less is a little 15% or more is a lot			
*5% ou moins c'est peu 15% ou plus c'est beaucoup			