



# RED BEAN NOURISH BOWLS WITH SESAME SLAW AND SESAME- MISO DRESSING

FAST. EASY. FRESH.

**1.** Start by making your rice. Add your **brown rice** to a small pot with 1 cup of water and bring to a boil. Once boiling, reduce heat to low, cover, and simmer for 12-15 minutes, or until the water is absorbed. Set aside.

**2.** Meanwhile, prep your ingredients. Peel the **carrots** and then using the peeler shave off long pieces of carrot. Trim the ends off the **snap peas** and cut them into bite-sized pieces. Drain and rinse the **red kidney beans**. Thinly slice the **red chili**. Roughly chop the **cilantro** leaves. De-pit the **avocado**, and then thinly slice in the shell and scoop out with a spoon.

**3.** Make your dressing. In a small bowl, combine the **Dressing Base (white miso, rice vinegar, soy sauce, sesame oil)** and **olive oil**.

**4.** Make your coleslaw. In a large bowl, mix the **coleslaw mix, carrots, snap peas, cilantro, sesame seeds**, and ¼ cup of the **dressing** and toss to combine well.

**5.** Assemble your bowls. Start with a base of **brown rice** then top with the **slaw, red beans, and avocado** then finish with a drizzle of the extra dressing and a sprinkle of **red chili**, if desired. Enjoy!



## Ingredients (2 Person Serving – 771 Calories Per Serving)

Coleslaw Mix	250 g	Red Chili	1
Carrots	2	White Miso	2 Tbsp.
Sugar Snap Peas	100 g	Rice Vinegar	2 Tbsp.
Sesame Seeds	2 Tbsp.	Olive Oil	2 Tbsp.
Converted Brown Rice	½ Cup	Soy Sauce	1 ½ Tbsp.
Cilantro	Small Bunch	Sesame Oil	½ Tbsp.
Red Kidney Beans	1 398 ml Can	Salt and Pepper	To Taste
Avocado	1		

**35** Minute  
Cook  
Time!