

# Recipe

## BROWN RICE & GREEN BEAN MISO SALAD



► ► Vegan, gluten-free, refined sugar-free, nut-free

**Yield:** 2 large servings, 4 small servings

**Prep Time:** 10 min

### DIRECTIONS

1. Drain the soaked brown rice and add to a medium pot over high heat. Add 1 cup of water and crush in the bouillon cube. Bring to a boil, then reduce to a simmer and partially cover with a lid. Cook until al dente, about 20 minutes. If a small amount of moisture remains, remove the rice from the element and put the lid on tightly. The rice will absorb the extra moisture and become more fluffy, and less gummy.
2. With the rice is cooking, cut the vegetables and prepare the salad dressing by adding all the ingredients to a blender, and blend on high until well combined.  
**Note:** if using ginger powder instead of fresh ginger, you can whisk this in a bowl instead of blending.
3. Add the cooked rice and vegetables into a medium bowl. Add the dressing and toss until coated. Enjoy immediately or allow the rice to marinate in the sauce in the fridge and serve later.

### NOTES

1. \*If not soaking overnight, cook in 1.5 cups water and cook for 45 minutes.
2. \*\* Green beans contain anti-nutrients and may be mildly toxic if consumed raw, causing nausea, sickness and abdominal pain in some individuals. This may not be an issue for everyone or if consumed in small quantities, but as a precautionary measure it may be best to briefly cook the beans to avoid any abdominal discomfort. If choosing to do this, cook in boiling water for about 10 minutes, or until al dente.
3. \*\*\* Substitute with 1/4 tsp ground ginger if not using fresh.
4. **Variations:** add any vegetables you like!
5. **Speed-it-up:** by soaking the rice the night before, or at least a couple hours before preparing!
6. **Storage:** store in an air-tight container in the fridge for up to two days.

### INGREDIENTS: SALAD

- 1/2 cup brown rice, soaked overnight\*
- 1/2 vegetable bouillon cube
- 10 long flat green beans, cut into thirds\*\*
- 2 medium red bell peppers, diced
- 1/2 medium red onion, minced

### INGREDIENTS: DRESSING

- 1 small lime, juiced
- 2 tsp olive oil
- 1 tsp sesame oil
- 2 tsp miso paste
- 1 tsp soy sauce
- 1 tsp rice vinegar, or other vinegar
- 1 cm chunk fresh ginger\*\*\*
- pepper to taste

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