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Recipe

Rickshaw Brown Rice Nourish Bowl with Coconut Peanut Sauce

▸ ▷ Vegan, gluten-free, refined sugar-free

Yield: 4 servings
Prep Time: 10 min
Cooking time: 30 min
Total Time: 30 min

Ingredients: The Bowl

2 cups (370 g) dry brown rice, rinsed
1 reduced-sodium vegetable bouillon cube
1 tsp (5 mL) vegetable oil
1 tsp (5 mL) sesame oil
1 medium red onion, thinly sliced
2 cloves garlic, chopped
1/2 small red cabbage, thinly sliced
2 tsp (10mL) soy sauce
3 medium carrots, julienned
2 medium red bell peppers, julienned
1 cup (200 g) frozen shelled soybeans
180 g pre-seasoned tofu strips

Ingredients: The Sauce

1/3 cup (85 g) peanut butter
1/3 cup (80 mL) light canned coconut milk
1 lime, juiced (~2 Tbsp or 30 mL)
1 Tbsp (15 mL) soy sauce
1/2 tsp hot sambal, or other chili hot sauce

Ingredients: Optional Garnish

raw or roasted unsweetened coconut flakes
roasted peanuts
bean sprouts (not pictured)

Directions

1. In an uncovered medium pot bing the rice, 4 cups of water and the bouillon cube to a boil, then reduce to a simmer until al dente, about 30 minutes.
   Tip: crush the bouillon cube before adding it to the water to ensure it dissolves equally throughout.
2. While the rice is cooking, prepare the sauce by adding all the ingredients plus 1 Tbsp hot water to small bowl, and whisk until well combined. Add more hot water if desired to achieve a thinner sauce. Set aside.
3. In a separate large pot on high heat add the oils, onion and garlic, stirring until the onions soften, about 2 minutes. Reduce the head to medium-high and add the cabbage and soy sauce, stirring again until the cabbage softens, about 2 minutes. Finally add the carrots, bell peppers, soy beans and tofu for another two minutes. Set aside.
4. When the rice is done add the vegetables on top and drizzle on the sauce.

Directions

1. **Speed-it-up:** soak the rice in advance to quicken the cooking time. Also, purchasing pre-seasoned tofu strips as opposed to seasoning your own as I did in this recipe significantly cuts down on preparation time.
2. **Leftovers:** this recipe is delicious enjoyed the next day as well. Store in an airtight container in the fridge for up to 4 days, although I recommend adding the sauce at the time serving after the rice and vegetables have been re-heated. Enjoy!

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