

4

SERVINGS



Dragon Bowl

Ingredients

BROWN RICE

- 👑 1 cup (250 ml) parboiled brown rice
- 🏠 1 ½ cup (375 ml) cold water
- 🏠 Pinch of salt

DRESSING

- 👑 2 tsp (10 ml) ginger, chopped
- 👑 ½ garlic clove, chopped
- 👑 ¼ cup (60 ml) juice from canned mandarins
- 🏠 ¼ cup (60 ml) vegetable oil (or olive)
- 🏠 Salt and pepper

TOPPING

- 🏠 1 drizzle of oil
- 👑 1 small sweet potato, peeled and diced
- 👑 2 carrots, julienned (or grated)
- 👑 1 can of 184 ml of mandarins (keep the juice)
- 👑 2 cups (500 ml) red cabbage, thinly sliced
- 🏠 other toppings of your choice* (optional)

YOU WILL NEED

- ★ bowls (small)
- ★ can opener
- ★ cutting board
- ★ fork
- ★ knives
- ★ non-stick pan (medium)
- ★ peeler
- ★ set of measuring cups
- ★ set of measuring spoons
- ★ saucepan (medium) with lid
- ★ spoon
- ★ wooden spoon

continuation of the recipe

Preparation

BROWN RICE

- 1 Put water, rice and salt in a saucepan and bring to a boil.
- 2 Reduce to low heat, cover and cook for 15 minutes.
- 3 Remove from heat and let stand for 5 minutes.

*The amount of water and cooking time may vary depending on the rice used. Add water as needed.

DRESSING

- 4 Mix all dressing ingredients in a small bowl. Set aside.

TOPPING

- 5 Heat a pan over medium-high heat and add a drizzle of oil.
- 6 Add the diced sweet potatoes and cook for a few minutes until they are golden brown and tender on the inside. Lower the heat if the sweet potatoes cubes start to burn to continue cooking slowly. If necessary, add $\frac{1}{4}$ cup of water and let the water evaporate completely. Repeat until sweet potatoes are cooked.

ASSEMBLY

- 7 Divide rice into 4 bowls. Scatter beautifully cabbage, sweet potato, mandarins, carrots and other toppings of your choice*, if desired, on top of the rice.
- 8 Add dressing and serve.

BONUS

- ➔ ADD A PROTEIN FOOD LIKE TOFU, CHICKPEAS OR FISH TO TRANSFORM THIS RECIPE INTO A COMPLETE MEAL!
- ➔ HAVE FUN TRYING DIFFERENT BOWL PRESENTATIONS!

*TOPPINGS OF YOUR CHOICE

- ➔ VEGETABLES (GREEN ONIONS, SESAME SEEDS, BELL PEPPER, CUCUMBER, LETTUCE, TOMATO, BEET, AVOCADO)
- ➔ FRESH HERBS (CILANTRO, BASIL, MINT)